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BY

A. BAUTTE

Chef at the Hans Crescent Hotel, London, S.W.

(Author of "Modern French and English Cookery,"

Diploma of Merit, Silver and Gold Medal,

Hors-Concours at the Food and Cookery Exhibition.)

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PREFACE.

Since the publication of my book, “The Modern French and English Cookery Book,”—which contains no less than four thousand recipes, and which, because of its weight of seven pounds, was of necessity abridged that it might be of convenient size for ready reference—I have received so many requests for a treatise on Hors-d’Œuvres and Savouries, that I determined to set myself to work in the matter. I have worked out some excellent and well-tried recipes to form a carefully-studied and complete work, which both as a pleasure and as a duty I am about to offer, for their approval, to all cooks, male and female, to my colleagues, and to all Amphitryons who are desirous of being well served. I do this fully assured of being able to produce a conscientious work, and am already rewarded by the flattering success of my previous works.

Certainly if there are in the cookery line any dishes worth discussing, whether it be on account of their usefulness or their hygienic qualities, they are Hors-d’Œuvres and Savouries, which, though hardly coming from the kitchen properly so-called, demand much care and refinement of taste in their dressing and preparation.

It may be said of Hors-d’Œuvres that they are, as it were, the introduction to a repast. They should, therefore, be taken in moderation, and simply to sharpen the

appetite and give an idea of the dinner to follow. It would, therefore, be thoroughly ill-timed and undignified for a diner to partake of Hors-d'Œuvres to repletion, and so be compelled to restrain himself when the usually excellent dishes of the repast are placed before him. This would betray an ignorance of the healthy rules of hygiene and of conduct towards Amphitryon at table, for with Hors-d'Œuvres one can scarcely taste the fine dishes to follow, and which are worthy of being partaken of with deference and fervour.

If Hors-d'Œuvres are the proper forerunners of a repast, Savouries (purely English dishes) are its fitting conclusion ; at all events, this has, through constant use, become a confirmed habit among the English. The Savouries are designed to maintain the thirst and facilitate drinking after the meal.

It certainly may seem odd to offer a “sardine à la Diable” or a “croûte Yarmouth,” etc., on top of an ice or some other entremets. This is only a matter of habit, for the same remark would hold good in the case of Hors-d'Œuvres. Would it not seem quite as strange to partake of caviare, or soused herring, or a sardine à l'huile, or an anchovy salad just before a boiling broth or a thick soup ? In my opinion, the simplest and best method is to study and satisfy the particular taste of each, and to serve the Hors-d'Œuvres and Savouries before the dishes of lunch or dinner ; that is to say, that after an ice or cheese savoury or some other entremets, appearances would be quite satisfied by offering a fish savoury. In Switzerland and in France fish in some form or other is frequently served up either before or

after the joint. In Germany, Holland, and Belgium it is rare not to find the lobster coming after the joint, which itself is served up with stewed fruits just as in France, where sherbets precede the joint; and the vegetables, looked upon as an entremets, are occasionally taken with a slight sprinkling of sugar.

All this goes to demonstrate that each nationality provides for itself in its own way, according to its needs, customs or habits, and nearly always in accordance with its natural productions and its geographical situation. Just as it would be absurd to imagine that an Englishman dresses like a Chinaman, a Russian like a Spaniard, a Dane like an Arab, or the latter like a Canadian, or even a Frenchman like a Turk, so it is quite illogical and unreasonable to aim at a uniformity in matters culinary or gastronomic. It is therefore a matter of business and duty for the cosmopolitan staff of cooks to realise the necessity for sufficiently liberal ideas and knowledge, so that while agreeing with and respecting the customs pertaining to the different peoples, it may succeed in giving satisfaction, while retaining the right to introduce any ameliorations it may consider profitable. This is the view I have had constantly before me in composing the recipes in this book, with the hope that it will afford thorough satisfaction in all respects.

Before concluding, I should like to say a word in season on Pastes and Salads.

For some few years only a wretched description of macaroni, dry and brownish, and rolled in spirals, has been sold in little wooden boxes, heavier than their contents, and just as hard. It was almost the only kind

sold in England, and that, too, at a pretty high price. Its cooking and preparation were just as defective as its quality. Nowadays it is no longer the same, for all the good so called Naples pastes are imported direct, and have taken the first place in the market, both owing to their moderate cost and quality. Matters are even better still. In the West End, in Old Compton Street, the firm of King Bomba makes the macaronis and all sorts of good pastes before your eyes. You can thus have it fresh every day, and although cheaper than the dry imports they are of a highly superior quality.

In this book will be found all the only good ways of cooking and preparing good Pastes. These should enter more and more into the daily repast of Lunch, the more so, as by their composition, they are designed to be, as in France and Italy, served up as the first dish of Lunch.

As far as the Salads are concerned, I have been careful to publish only those recipes which are capable of giving real satisfaction, leaving out all those imperical recipes, of which unfortunately I see too many in the daily and weekly journals. These, also, are more particularly to be found in cheap cookery books, published by quack cooks purely with the aim of raising money. The above authors would have much difficulty in publishing their testimonials as actual cooks, whether in the time gone by or at present. Moreover, I know not what all those who have their trade at heart would think, if I did not rise strongly against these ruiners of the trade, ignorant themselves of what they publish, leading into error those who wish to learn, and being guided only by a sentiment of lucre and gain.

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THE AMPHITRYON.

As everyone knows, or should know, an Amphitryon is one who dines and wines his guests well, and in certain circles they are those who know how to satisfy the tastes of their friends.

The Ambassador who wishes to uphold with dignity and splendour the prestige of his country. The Minister who wishes his name to descend to posterity as that of a great statesman. The Member of Parliament, aspiring to Government rank. The Influential Man, who wishes to retain the support of his creatures, and at the same time to make them swallow his promises, and to show that his good fortune is not the result of accident but the due reward of his talents. The Poet, with more or less serious qualities, who desires puffs or patrons. The Courtier or the ambitious hypocrite who has found the necessity of quietening the outcry of his protectors or supporters. The *Nouvea^u riche*, who is scarcely able to free himself from the trammels of his working *bourgeoisie*, and desires his schemes for future grandeur to be talked of with bated breath. All of these have no surer means by which to attain their ends than by becoming known as giving the most *recherché* dinners, which proves that to possess a good cook is the *sine quâ non* for an Amphitryon.

But how often does it happen that he who should make it his aim to facilitate the difficult task, materially and pecuniarily, forgets in a most illogical manner the cook, the author of his dinner, to reward instead those who have laid the covers and served the meats—simply because they are the more present to his view.

The table is the focus around which are made, or lost,

reputations. It is a theatre on the boards of which there is no hissing, nor do new pieces make their *début* a failure, for their authors when they present their productions ensure success by dining the pit.

There is, then, in this world no better rôle for a rich man to play than that of Amphitryon. But it is necessary to know how to play it, for to be cast for the part is not always sufficient, and failure means risking much, if not of hisses, at least of pitiless criticism.

Money alone will not suffice to obtain what is known as a good table. Some spend much and buy very dearly, while others with less means give excellent dinners. So much depends on organisation, on management, on the care which is exercised in the choice of *personnel* or in the direction of it, also on the careful study which has been brought to bear upon alimentary products, which should teach one to know not only the taste and quality but also the intrinsic value of every article coming under purview. So it is not sufficient to be simply at the top of the tree in order to see all and know all. Far from it.

The position of Amphitryon, like all others, needs an apprenticeship, and I am of opinion that it is easier to become rich (especially in these days) than to know how to do honour to the position. Many a man—a stock-broker's or banker's clerk or the like—becomes in a few years a millionaire, but finds himself incapable of exercising proper control over his kitchen and cellar and stables and household generally. I know, of course, that he can find men who will undertake the management for him in well-paid situations. But it is precisely under such circumstances that the eye and judgment of the master and mistress are necessary in order to avoid or remedy all sorts of abuses and miserable rivalries and what not. It is not sufficient to have passed one's life in rinsing glasses and bottles to become a connoisseur of wines, nor to have fetched and carried plates and dishes for all the world and his wife to become a good chef. The sudden opulence which has metamorphosed

so many valets into masters has not been to the benefit of good breeding in its dealings with good cheer, and it is not by being a “second self” that one learns how to become Amphitryon.

It will be seen from the preceding remarks that if this rôle is one of splendour it has also its difficulties, and to fulfil it well it is necessary to join a good education to a good heart and a thorough knowledge of mankind, so often vain and puerile. It may perhaps appear to many a trusting and good man that, with money at command, a good cook, and a discreet and intelligent *maître d'hotel*, nothing would be easier than to keep a good house and a *recherché* table. Such an opinion is a great error. As I have said above—and again repeat—it has been but lately shown that a master who is not personally acquainted with the art of keeping a good table and good company and who is obliged to rely on his servants alone for his kitchen, his cellar and the rest, is too frequently badly served, for unhappily all men are not more conscientious than competent. An extreme delicacy in the palate, in order to give scope to its fullest extent to all the secrets of taste is the first quality necessary to a host jealous of doing honour to his meats and drinks. The most infinite care is indispensable if it be desired to exercise in the choice of food that watchfulness without which he is continually deceived by his purveyors and is ruined without ever acquiring a reputation. Long years are necessary, much intercourse, ceaseless activity and continuous attention to form and maintain a good cellar, without which none can merit the name of a true Amphitryon.

Moral qualities are none the less requisite in order that guests may be brought together who are capable of enjoying what may be set before them. He should be able to estimate the calibre of his guests and assign them to appropriate places. He must have that necessary tact, that wide knowledge of men and, above all, of

women—who form such a gracious ornament to the table—and must also possess that elegance of tone and of manners and the usages of polite society which are not to be bought in pounds sterling. All these are incontestably necessary to him who wishes to keep a good house and to preserve his *amour-propre* in the success of his table. One cannot eat every two hours, however excellent may be the dinner, and man—a feeble and impotent creature at the best—often finds himself, alas ! unable to call at will upon his appetite. The most intrepid eater is satisfied when he has done honour to the first two courses, which proves the absurdity and bad taste of interminable dinners. It is then that one feels the necessity of having an amiable neighbour at table—even if only a man—to engage in *causerie*, for at the large gastronomic meetings of these days it is in bad taste, and really impossible to establish a general conversation. But it sometimes happens that fellow-guests have only just been introduced to one another, and if Amphitryon, who should know them all, has not taken pains to place them suitably, they find themselves ill at ease, reciprocally tortured, and the result of the party is a wreck.

And, in conclusion, I hope it will be allowed to me to deplore the ingratitude with which, in general, those who have used their best endeavours to do their duty are repaid. Guests are too often a little embarrassed by those who receive them, and who treat them with the greatest and most disinterested kindness ; but in return they turn it into ridicule and establish themselves as censors and judges, forgetting the precept which says : “Before judging thy neighbour learn to know thyself.” On the contrary, they act as though they had the right in entering to buy the hospitable door. A good dinner being one of the greatest enjoyments of human life, and the precursor of many others, ought not one to have some feeling for those who procure it, and who undertake sometimes tasks of the greatest difficulty in order that all should

go off well. In place of the persiflage and sardonic remarks so often heard when a dinner has not been a success of the highest order, should not one perhaps pretend a little, ought not one to be indulgent in criticising others, the more so seeing the compliment is sure to be returned. Wisdom assists reason, and let each one pay his reckoning in pleasant words, amiable repartees, amusing tales, and sincere thanks ; and let each remember that instead of seeking to discourage those who invite us to partake of their repast, they should, on the contrary, seek to stimulate them by their eulogies, for the number of good and true Amphitryons is sadly reduced, and in doing our best to increase the species we not only employ ourselves for their glory, but we also work for our own.

APPETISERS.

(From the "Daily Telegraph.")

The French have christened appetisers as "hors-d'œuvres," whilst the Russian cuisine is responsible for the introduction of the dishes coming under this title. The object or purpose of hors-d'œuvres is to whet one's appetite, and for this reason, if for no other, these dainties form the prelude of other, more solid dishes, and are eaten at the beginning of dinner. It matters little whether these dishes are to serve as appetisers or prepare the diner's palate for what is to follow, the course is one of great importance, and it has become the fashion to introduce it in all *recherché* family dinners. There is much to be said in favour of these dishes. They are useful, ornamental, and dainty, and as a rule easily prepared. Like savouries, hors-d'œuvres or appetisers offer an almost unlimited scope in the culinary field, the variety of ingredients suitable for preparing them being so great. With but few exceptions, dishes suitable for this course are served cold. In many cases they are placed on the table as soon as it is laid, and are permitted to be so left until the fish is served, or even till

a later course. On this account the daintiness of dishing up so as to make the little plats attractive in appearance must be specially studied. It is quite possible for any-one to prepare a course of hors-d'œuvres costing but a shilling or so, or one can spend as much as a sovereign—this naturally depends upon the materials chosen.

The French *ménagère* will generally prepare what is needful at a minimum of trouble and expense, selecting homely and inexpensive materials, such as olives, cucumbers, radishes, hard-boiled eggs, saucissons, (smoked sausages), celery, cold fish or cold meat, ham, sardines, anchovies, etc. Each of these articles can easily be turned into a hors-d'œuvres by anyone possessing a certain amount of culinary knowledge. Cucumbers are peeled, sliced thinly, and dressed as salad; the saucissons and ham are cut into wafer-like dice; hard-boiled eggs can be cut into thick slices, or into quarters, with the yolk removed and mixed with anchovy paste and refilled, or they can be cut into fine shreds and dressed with mayonnaise. The same applies to cold fish, cold meat, and celery, which may be treated in similar style. Cooked artichokes or cold asparagus may be utilised in this way, but the great point is to arrange the preparations on very small dishes, and so shape the ingredients used as to represent ornamental devices, for which capers, parsley, gherkins, etc., are very handy as garnishes.

A COSMOPOLITAN CUISINIER AND HIS WORK.

A chef who has come to the front of late is Mons. A. Bautte, the author of a monumental work dealing with "Modern French and English Cookery," which was awarded a silver medal at the recent Cookery and Food Exhibition at Knightsbridge, and a chef who is without doubt wedded to his profession. At a comparatively early

age Mr. Bautte secured an engagement as chef at the Maison Battendier, a Parisian house well known for the excellence of its conserves, and also served in the culinary department of several other establishments in the French capital, subsequently accepting an engagement as chef at the Grand Hotel du Louvre, Constantine, Algeria—a position he held for three years. Going next to Cairo, he became chef at the Khedivial Club, where he stayed two years. During the time he was in Africa Mr. Bautte, together with the late Mr. Paul Sudreau—in his time a popular figure at the Orleans Club, London, and at Twickenham—passed some months with the campaigners in the Soudan as chef of the officers' mess—but, sad to relate, Mr. Bautte had to return home alone, his colleague being left dead in the desert. Upon leaving Africa Mr. Bautte secured an appointment as chef at the Russian Legation at Copenhagen, but fifteen months later was compelled to relinquish the post on account of an accident, which, unfortunately, laid him low for several of the ensuing months. Upon recovery he became chef for the season at the Hotel Beau Rivage, Ostend, spending the winter months as manager of the Restaurant du Park aux Huitres, Brussels. Finally, however, he decided to try his fortunes in England, arriving here in October, 1888, to fulfil an engagement as chef to Mr. Assheton-Smith, of Vaynol Park, Bangor. Not being able to speak English—not to mention Welsh—Mr. Bautte soon tired of North Wales, and consequently in a few months' time availed himself of an opportunity of working under Mr. Benoist, the famous Piccadilly caterer. After completing two years' service Mr. Bautte desired to see something of Scotland, and in furtherance of his idea obtained a situation with the Marquis of Huntly at Aboyne Castle. Returning to London at the end of the season, however, he next became chef to Mr. Schiff, a well-known stock-broker, who subsequently recommended him as chef for the shooting season to a friend, Mr. A. Anderson, of Danesfield House, Great Marlow. Thence he travelled

to York, becoming chef-caterer at the Yorkshire Club—a position he held for two years, and only relinquished upon being offered control of the kitchen of Mr. Cunard, of Eaton Square, London—a member of the famous shipping family. Here Mr. Bautte stayed two years, at the end of which he got married. Excellent as is this record, however, it does not by any means exhaust the list of experiences which our author-chef has passed through. He has, for instance, worked for fifteen months at Walsingham House, Piccadilly, acted as chef to an American family on a wonderfully tempting salary, and in 1895 was chef-caterer at the Riverside Club, Maidenhead, where, on Sundays and Bank Holidays, he was responsible for 80 breakfasts, 120 luncheons, 300 dinners, and from 800 to 1,000 teas. Mr. Bautte's next experience was as chef at the Shelbourne Hotel, Dublin—a fashionable resort—but after a stay of sixteen months found the damp climate was affecting his health, and consequently obtained a season engagement at the Austro-Hungarian Embassy in London, finishing the year at Bonchurch, Isle of Wight, as chef to H.I.H. the Archduchess Stephanie. Since then Mr. Bautte has acted as chef at the Hans Crescent Hotel—a position he has filled for the past five years with credit and distinction.

DINNERS.

BY OWEN MEREDITH.

(From "Lucile.")

O hour of all hours, the most blessed upon earth,
Blessèd hour of our dinners !

The land of his birth
The face of his first love ; the bills that he owes ;
The twaddle of friends and the venom of foes ;
The sermon he heard when to church he last went ;
The money he borrowed, the money he spent ;—
All of these things a man, I believe, may forget
And not be the worse for forgetting ; but yet
Never, never, oh never ! earth's luckiest sinner
Hath unpunished forgotten the hour of his dinner !
Indigestion, that conscience of every bad stomach,
Shall relentlessly gnaw and pursue him with some ache
Or some pain ; and trouble, remorseless, his best ease,
As the Furies once troubled the sleep of Orestes.
We may live without poetry, music and art ;
We may live without conscience, and live without heart ;
We may live without friends ; we may live without
books ;
But civilised man cannot live without cooks.
He may live without books,—what is knowledge but
grieving ?
He may live without hope,—what is hope but deceiving ?
He may live without love,—what is passion but pining ?
But where is the man that can live without dining ?

SPICES OR CONDIMENTS TO BE USED IN COOKING.

There is a large group of alimentary substances which play a very important part in the good performance of our organisation. These are spices, real and original ones, which with some people have a bad reputation, because one generally thinks that pepper, mustard, garlic, herbs, fennel, aniseed, ginger, vanilla, vinegar, and even oil and many others are only asked for by epicures and gourmands who like their palates better than their stomachs. This is not true ; spices, or, to speak more correctly, condiments, have in physiology very precise attributes. When these substances find themselves in contact with the mucous membrane of the mouth and of the digestive tube they provoke an affluence of blood, which results in an abundant digestive secretion. Food is then more easily digested, better assimilated ; that is to say, more easily and completely utilised by our organism. It is necessary to add that you must not make an ill use of all these substances, unless you wish to provoke dangerous inflammations ; and also pay attention to the action of climates, which plays a large part in the choice of food and its nutrition. That is, an Indian, and all people living in tropical climates, must have a very hot and spiced cuisine, and drink nothing but water or tea ; all other drinks with this cuisine will at once give them inflammation and liver complaint ; while here in this humid and foggy climate we eat our food little spiced and nearly without salt, but which is easily moistened with pints of beer, a good deal of neat whiskey, or with soda. Therefore you must no longer think that culinary science is simply a satisfaction given to gormandising. Far from that : one can easily see that its *rôle*, principles, and knowledge, founded on reason, give it a right to a large part of gratitude for the good of humanity,

for it is simply the necessity of our lives, and even the principal one, inasmuch as we are classed as superior animals. Why is it that we must cook our meat to live? Evidently we may say, why not eat our food raw like we do certain vegetables and fruits, as tomatoes, cucumbers, salads, etc.? Simply because these are composed mostly of water and very little of azote and albuminous matter; therefore, not being constituted in a sufficient manner for human nourishment, and also more difficult to digest, not being grasped by the gastric juices. But these fruits and vegetables, when cooked, become more nutritive, they lose their natural water, become richer in hydrocarbon, and better assimilated to the digestion. Therefore we would recommend all fruit to be cooked, as the cooking of food augments its nutritive value. This is true especially of vegetables with thick coverings, like the bean, pea, etc. The heat of the cooking bursts the hard envelope, and in this way the substance is prepared to be transformed into nutriment by the gastric juices. In their raw state the potato, the haricot, lentils, etc., could not be utilised for the food of man, nor even for a dog or a cat, without having gone through this transformation. Cooked and properly seasoned, they constitute a first order of food, like all hydrocarbonates, more or less. In the end all meat, roast, grilled, braised, or hashed, is a great deal more nutritive than boiled meat, which gives most of its goodness to the soup obtained by long boiling. All foods have a different chemical composition; the albuminous dominate in meat, and especially in cheese, and water in fruits and vegetables, salt in vegetable matter, and fat in milk, butter, and eggs, etc. The hydrocarbonates in vegetables and farinaceous plants, also those with saccharine matter, are what all cooks in these days ought to know or study, so that in making their menus they could elaborate what might be called a good and complete menu; that is to say, that a dish of food would be garnished with

products which would bring to it or add to it what was missing in the said food. This means that all dishes ought to be garnished with appropriate vegetables, and also to be judicious in the choice of the sauces.

The so-called simple condiments are divided into seven classes, viz., the saline, the acid, the sharp, the aromatic, the sharp-aromatic, the sugary, the oily.

Saline :—First, there is the sea-salt or coarse salt (chloride of sodium) which is used in salting meat and preserving it, and also for freezing ices.

Secondly, there is *nitre* or saltpetre (nitrate of potassium), used in culinary processes in only very small quantities for salting meat owing to its property of rendering it bright red in colour. But butchers, unfortunately, abuse the use of it by using too much, which then dries up the meat, gives it a sourish taste, and renders it unhealthy. Hence it comes about that the eating of too much salted meat means the destruction of the stomach for ever without any hope of a remedy, and the permanent loss of health without any hope of its return.

On sanitary principles, such salted meats ought to be passed by a sanitary inspector before being put on the market, for it is very difficult to rely on the conscience of butchers and pork-butchers. However, under the circumstances, the best course undoubtedly is to limit the eating of it to once a fortnight at the outside. It should be borne in mind that the foodstuffs that we partake of every day do not have for their sole result the nourishing of our bodies and the maintenance of the heat necessary for their combustion, but bring with them some substances, which, like medicines, in the long run modify the organism and often destroy it. This is what saltpetre or nitrate of potash does.

This latter substance may, with advantage, be replaced by a like quantity of brown sugar, which equally possesses the power, not so much of reddening meats as of keeping them red without spoiling them. Its aid is made use of in seasoning gammons of the best kind.

— Sad to relate, I have very frequently had to state that, not only in England, but in France, in Germany, in Belgium, etc., are these salted meats made use of in feeding children and adolescents. Where, then, is the surprise that we only have for offspring, wan, lean, emaciated, weak, anæmic, and stunted children, without strength or energy, and these in such quantities that the conscriptions have drawn attention to it. The reason simply consists in the highest ignorance demonstrated in the giving to children food which is harmful even to adults. Many persons still believe in the old saying that all that enters goes to make flesh. This, however, is a long way from being true ; for, though it be easy to fill one's self up, it is much less so to digest and assimilate these foods, and it is that part only which is digested that nourishes the body. To put the matter briefly, I may say that it is a known fact that it is in the early years that feeding exercises its modifying power in the most active way. Those parents who love their children have the duty before them of exercising necessary care and watchfulness in the matter of their feeding. All those things which would have a tendency to do harm to a young growing organism should be strictly forbidden, and only that sort of food should be given which is suited to the temperament of the child. The whole science of the matter lies in that. In other words, the same food should not be given to an arthritic child, the offspring of arthritic parents, as to a lymphatic child. The former should have some such diet as the following :—

Milk warmed and mixed with a pastille of *Danish-Junket-Tablet*, which has the property of naturally thickening the milk to a custard, and transforming it to a solid food. Milk porridge and farinaceous foods. Raw or slightly cooked eggs; potatoes in the form of potato soup. Green, mealy, farinaceous vegetables, with their envelope or skin removed, which alone is indigestible, such as broad beans, haricots, etc. Fruit should be cooked, and little eaten raw. While roasted meat should

be prohibited, tripe and brains, sweetbreads, calves' feet, etc., should be given. In the way of fish, that which has white flesh is the best, and should be boiled. The sweetmeats should be pure, consisting of fruit and sugar. Wine and beer being bad for them, they should have to drink either milk mixed with mineral waters, or cold boiled milk.

For lymphatics, on the other hand, rather more of red meat than white may be given, as well as larger quantities of fish, brains, and tripe. They may also have a little butter, for all these foods, as well as eggs, which contain fatty matter and phosphates, agree splendidly with a lymphatic child, giving him, by the absorption of the necessary substances, the energy of which he stands in need.

The things that should be withheld from children are :—

- (1) Salted meats, particularly those containing salt-petre.
- (2) Foods and stews with strong sauces or spices.
- (3) Raw fruits with tough skins ; but plucked and skinned they may have them in small quantities.
- (4) Wine or beer, alcohol or any fermented drink. These are particularly bad, at least before the age of 16 years.
- (5) Cakes and sweetmeats, which lenient parents do very wrong in providing in large quantities to their greedy children. These act in their bodies as a slow poison.

To wind up and to come to the point, I may say, in conclusion, that to know how to feed yourself and those belonging to you, is to preserve your own health and that of those who are dear to you.

A good chef must remember that his *rôle*, his work, and his situation ought to inspire him, and he ought, before everything, to be the averter of all the maladies due to the bad system of alimentary *régime*, be the doctor by his good *cuisine*, and not be the purveyor of the doctor and

chemist. But, after all, it is not his fault if he is not at liberty to apply his genius.

SALT

(Chloride of Sodium).

Of all the numerous substances that are used in the alimentation of the human race, and even of the animal kingdom in general, there is not one that is more common, more generally used, better known, or more indispensable than salt, whether it be in the form of the coarse grey salt, called sea-salt, or in the fine white form known as rock-salt.

The coarse salt, such as is daily made use of in the cooking of our vegetables and meats, and also for purposes of preservation, comes, as is well known to all, from sea-water which is evaporated by artificial means. This is done in shallow lakes or lagoons, constructed along the ocean coasts, which pass under the name of Salterns.

The fine white salt, the rock-salt, on the other hand, is obtained from the bowels of the earth, where it is found in various countries at different depths. In other countries it forms regular dunes and towering mountains, thus providing a piece of Nature's handiwork which dates back to pre-historic and antediluvian ages. This fact, of course, sufficiently proves that in those distant ages the ever-rolling sea used to cover these countries that are to-day covered with a teeming population of busy citizens. This is even more proven when it is remembered that these beds of salt are found in such localities as the following list discloses:—The Isère and Savoy districts of France; in large quantities in the Americas, both North and South; in Colombia, where there exists a mountain of it, with very rugged peaks, that forms a barrier to the route of travellers; in Siberia, Germany, Poland, and in Switzerland at Bex, in the Canton of Vaud, where whole teams of horses are constantly

engaged in the working of it. It is also found at immense depths at Wieliczka, in Austria. In this place it is exceedingly remarkable, and well worth close attention on the part of tourists. These mines of Wieliczka extend in length for a distance of two miles, in breadth to a mile and a half, while their depth reaches as much as 400 yards. No wonder, then, that they are famous ! Access is obtained to them by descending shafts, just as is done in the case of collieries or coal-mines. But when you are once down inside the mine, something quite different to the coal-mine in colour and form is awaiting you ; something that will make your eyes sparkle with pleasure at the wonderful sight before you. Just picture to yourself immense galleries, where the walls, the ceilings, the columns are all composed of salt and are reflecting in all directions the light of the lamps and torches used to light it up. Here are stalactites of all sorts of imaginable shapes hanging, as it were, overhead from vaulted ceilings, and glittering with light. Here, also, there is a chapel, with its altars, statues of the Christ and the Saints, all carved out of the solid rock-salt, and all tending to give a person the impression that he is standing in an immense crystal cathedral. Further along, as though the scenes had been changed, a bridge of salt is crossed, which is built to span an abyss of a depth of over 100 yards, and which is so dark as to defy the keenest eyes to peer into its depths, while along the bottom flows a stream which draws its frothy white waters from an inexhaustible spring.

Beds of this salt also occur in Persia, and in Spain, while in the latter case, as in Colombia, it is raised up into high mountains, a phenomenon of Nature that probably supervened at the end of the Deluge, in prehistoric times, for during our own era no phenomenon of like nature has been shown to the world. The existence of the mountain of salt in Colombia was only made known in 1870, through the accident of a landslip, for before that time it had been covered with a bed

of fruitful soil, on which was a luxuriant growth of vegetation. The mountains of salt in Persia have been worked for a considerable length of time. The inhabitants cut from them block-shaped pieces, which they use for building their houses. The rain, when it descends, cements these blocks together, and the dry weather which follows finishes the business ; the only thing now required being something to cover the whole. The salt mountains of Spain are at Cordova, a district situated to the north of Lerida, between Barcelona and Séo de Urgel, in the last ridges of the Iberian Pyrenees. These regions are very inhospitable, being icy cold in winter and burning hot in summer. If it were not for these disadvantages, as well as the difficulties of transport in little cars in this rugged country, and the distance of thirty miles which has to be traversed over flinty ground, this district would certainly, for many reasons, deserve to be visited by crowds of tourists interested in terrestrial novelties. From another point of view, if this region had been more easy of access, that greedy invader, Industry, would have been quick to seize upon it, and to work it upon a large scale. The result of this would have been that this wonderful wilderness of Nature would have been carried off piecemeal, to go all over the world to salt different forms of food, or to be used as a preservative, and it certainly would not be the policy of the poor Spanish Government to offer any opposition to the project.

Suppose ourselves suddenly transported to Cordova and on to a peak of the mountain. There, right before us, rises the old citadel with its brick walls and towers, so long reputed impregnable, but which our cannon of the present day could crumble to dust in a few minutes. I believe its present purpose is to serve as a powder magazine, and a few soldiers in Spanish costume are mounted guard over it. At the foot of the ramparts flows a little stream of whitish water which looks very like frozen snow or soapsuds, and which is only salt

water. Let us now advance further into the mountains, and we come to a strange country, where the earth is broken up, uneven and denuded, with large whitish patches of savage desolation. Suddenly, there rises on the view an enormous mass, resplendent, lofty, and craggy, as though uniting in one whole a quantity of peaks cut out of ice or crystal, which bars the traveller's way while filling him with ecstasy. It is the mountain of salt, which, though not so high, is even more inaccessible than Mont Blanc. To one side, in the plain below, is a little lake, deeply set in the salt, whose waters appear green and deep, and as though surrounded with white muslin. This water is as salt as the salt itself, and it is probably into it that the brooks of salt water flow, which circulate in this sad and silent landscape, and give it the appearance of an unknown region of the world.

However, salt is not the product of mountains and quarries only, for in many districts it is found on the level soil, or forms moving dunes, like those of the sand in Egypt. Such a sight is witnessed by the traveller on the Sahara, that vast country of flat and low-lying land which is situated almost in the heart of Africa. Here is an astonishing fact. Salt, which is so markedly absent from the neighbouring districts, is here found in real abundance ; so much so, that one only needs to stoop down and pick it up. Many theoreticians have expressed the opinion that the vast solitudes of the Sahara are really the remains of an inland sea that has dried up, and point out, as a proof, that its soil is only an immense bed of salt, while the neighbouring countries have none at all.

This lack of salt has reduced them to the utmost wretchedness ; has brought them great pain and suffering ; and is thus one of the chief causes of their distress and of their cannibalism. It has compelled them to undertake impossible journeys to provide themselves with a few pounds of it, at an inordinate cost, by exchange

from their more fortunate neighbours. This salt has even on many occasions been the bone of contention in those continual wars of plunder waged by tribe against tribe. This is not surprising when it is considered how necessary it is for one's existence, for our organs cannot be deprived of it with impunity.

Can our blood, for instance, be sure to do its work and keep up the warmth of our bodies and yet be deprived without danger of the 4 or 5 grammes (about one dram and a half) of the salts of sodium which are so needful to it? These salts are constantly expelled by salts of potassium which are absorbed in various foods, the properties of the latter immediately replacing them. Thus, this salt which these poor people, described above, have to obtain at such great cost, is to be transmitted to the organs of the body to ensure their performing their various functions, and the supply must be kept up. On the other hand, there are certainly those who have plenty of it, and who even use it to excess to the detriment of their health (for though it be indispensable, its abuse also becomes harmful). How this should be the case would be too lengthy a matter to explain here, but I have given you a little outline above in speaking of our blood.

With regard to the question of using salts of potash and of salting food to excess, I may say, without in any way pulling the long bow, that the people of England hold the world's record. In hotels and restaurants of all sorts, and even at the family table, can you not daily see the greater number of the diners, before ever having tasted the food, which has occasionally been already too freely salted, put some salt from the salt-cellar on a corner of their plates? This is done, too, with the chance of having to leave a half, or perhaps nearly all, spoilt and useless. Mustard with its excitant powers, febrifuge pepper, and extra hot sauces are treated in like fashion, with the result that the plate assumes the appearance of a little lake of dark and salted water. I guarantee that for

a certainty, the majority of those who make an excessive use of condiments, and of salt in particular, would have some considerable difficulty in picturing to themselves what happens in those tropical countries where this salt is such a rarity. The natives of the Pacific countries, for this very reason, are obliged to extract salts of potassium from the ashes of vegetable matters, or to sell some of these so as to procure some salt. The warlike tribes go off to war with no other object than that of obtaining it from the more favoured tribes.

People who have travelled have left us some startling details on this very question. Amongst others are these strophes of nigger minstrels, "Do you forget that it is the whites that make the stuffs, the guns, powder and salt—Sell your children for a handful of salt." Certain of these travellers give us an account of the weariness and suffering entailed in always having "a detestable dietary, owing to the complete deprivation of salt." Others tell us that the natives preserve a small quantity of salt as one of their most precious possessions, reserving it for holidays, for sacrificial days, and for the agapes of their chiefs. Its rareness has caused it to be an article of luxury, and it is only a few of the richer old traders who can afford to obtain enough of it to use it daily. In such unfortunate countries, the salt, or rather the want of it such as we know it to be, has resulted in its being used as a monetary standard, and payments are made in so many salts, just as in London it is in so many shillings. Hence it is, that at Bahr-el Ghazal, at Choa, etc., a young calf is sold for five or six salts, and slaves were only with difficulty sold for from three to five salts.

Even on the coasts, where salt is of necessity less rare, it still forms a commodity which is in very great demand. In this connection, I can recall a voyage I made along the Western Coast of Africa, in which we called at Loango, Accra, Benin, Banana, etc., On each of these occasions, flotillas of pirogues, swarming with a bawling crowd of niggers, came up to sell to the passengers and

crew the blue parrots that formed the cargo of their pirogues. These fellows preferred to sell the birds to the sailors of the crew for a scrap of waste salted meat, bad and infected, which they devoured there and then with their beautiful white teeth, eating it up with a greedy joy, as though it were a perfect luxury. Their joy was reflected on their black faces and through their bright shining eyes, and clearly demonstrated the satisfaction of their unrefined greed. Such a bargain they preferred, rather than sell some to us passengers at five shillings each, giving preference to this meat rather than to our money. But, oh ! the irony of things. Just think that quite close to the vast African regions, and even touching them on all sides, capricious Nature has, on the other hand, placed the immense desert of the Sahara, which is a veritable storehouse of salt. Now, it is presumable to think that the railway in the course of construction, which is to unite the Cape to Cairo, will be the best means of emptying it, to the great benefit of speculators, always under the name of—Humanity ; and I should like to wager that before long we shall see certain companies issuing shares for the working of Sahara salt, and for sending it off in large quantities to those poor countries that have it not. If these shares are not salted, those incorrigible animals, called shareholders—not a very rare species—perhaps will be.

It was not yesterday that the richness of the Sahara was first discovered. The ancient Herodotus in his history of the old times, points out to us that the inhabitants of Northern Africa, possibly the Carthaginians or some other race, used to bring away from the desert blocks of rock-salt, which they used as building stone, for the construction of their houses. In this respect, either they imitated the Persians, or the latter copied them.

The traveller on the Sahara finds this salt on the level of the soil, or at times raised into little mounds or moving dunes, as happens in the case of the sand of the little Egyptian desert lying between Suez, Ismailia and Zagazik.

There he also comes across springs of salt water and salt wells, as well as trees, and especially the Ethel, which appear like monuments owing to their perpetual covering of a layer of fine salt. Does not this phenomenon call up one or two points in our minds, such as the thought that these trees were mummified relics of a virgin forest of ancient Egypt? However, the object of this book is not the giving of geological dissertations, so we will silently pass by these phenomena of history, just remembering that the above-mentioned forest is in reality simply due to the composition of the soil which is saturated with salt and salts of magnesium; while bearing in mind, as a proof, the fact that in Egypt and near it there are numerous and very large salt lakes.

Now that I have said, as nearly as possible, what I wished to relate concerning Egypt, let us return to our subject Sahara, which is our special concern. At the south of the province of Constantine and of Tunisia, we come to the town of Biskra, which is, in a sort of a way, the capital of the immense desert. The tourists who go to visit Biskra, and they are by no means few in number, do not fear the fatigue of a few miles over the sands which is necessary if they wish to take a trip to the salt dune. This has to be done under a burning sun which is directly overhead and which lights up the dune with its golden rays, making of it a mass of shining whiteness which dazzles you with its crystal fires. This mountain, however, with all its magnificence, is nothing in importance when compared with the salt dépôts of Taoudeni, of Ouddai and of Tisheet, each of which is spread over a length of more than a hundred miles.

At Taoudeni the mines are at a depth of two yards below the surface of the soil and are composed of five thick beds, each of which is formed of a different salt, whose value is also varying. The salt is quarried out of these five beds in enormous blocks which are then cut with a saw into planks which are about a yard long, half a yard wide, and four inches thick. Each of these

planks weighs about 56 pounds and is worth at least, even at the mine, from 4 to 12 shillings, according to the bed from which it was taken. The fourth layer, called the El Kahela, which means the black, fetches the biggest price; but do not get hold of the idea that the salt is black. This is not the case, for it is a mixture of black and white, and I am quite at a loss to know why it enjoys a preference.

At Tisheet the salt is at the level of the soil and is sold as at Taoudeni. It penetrates into Massina, the estates of Kong and Gourounsi, past Timbuctoo, and from Tisheet past Sansanding into the regions of the Upper Niger, which were the old home of Samory, who was captured a short time ago by a French officer and thus had his depredations cut short. The upper parts of Dahomey, and German Togo, are also excellent markets, as the commerce in these countries is constituted, in part, only by mutual exchanges. The Soudanese give in exchange for these blocks of salt, or calabashes filled with powdered salt, such things as ivory, gold dust, ostrich feathers, kolas, pimentos, palms, and palm oil, etc., etc. The value of these exchanges is considerable when one comes to consider that about 25,000 tons of salt pass annually from the Sahara to Soudan, and that the value of a pound of salt is about a shilling. The countless dangers that have to be risked by the caravans of the salt merchants are sufficient to justify his drawing considerable profit from the salt. It is also possibly this consideration which causes him to take up the trade. The railways to the interior, which will soon be rushing into all the African states, will, of course, bring in their train the compulsory lowering of the price of the salt owing to the facility of communication and transport by their aid. This will also be the case with other commodities, and will tend to the well being and civilisation of the black races. The transportation of salt will contribute to a large extent to the opening of new roads, thus stimulating commercial enterprise, which is only

waiting the proper moment to begin. In conclusion I should like to mention that the total annual production of salt has been estimated at sixteen thousand millions of pounds (that is, of course, in weight), and that with these newly-won markets it cannot help increasing.

PEPPER.

Pepper is the product of the pepper plant, a sarmentous plant and a climber, which grows like the ivy. Its leaves are large and fibrous, and it grows in warm countries like Java, Sumatra, Madagascar, Malacca, Cochin China, and Guiana. It yields aromatic berries possessing a piquant and stimulating flavour, in addition to an agreeable odour both in taste and smell. At the same time it is capable of causing sneezing, and is thus able to loosen a cold in the head, or to prevent one.

Botanically classified, this plant, or rather these plants, for there is a very great variety of them, is placed amongst the Diandria, the Trigynia of Linnæus, and in the family of the Urticaceæ of Jussien, two clever French botanists, whose opinions are received by pretty well the whole world.

Amongst the most interesting of these plants, we shall draw attention to:—

1st. THE AROMATIC PEPPER (*Piper nigrum*), which is a native of Cochin China and Guiana, and provides our kitchens, etc., with white and black pepper.

2nd. THE PIMPILUS or LONG PEPPER (*Piper longum*), which is grown in Bengal and Sumatra.

3rd. THE STALKED PEPPER (*Piper cubeba*), of Java, which yields cubeps.

4th. THE BETEL (*Piper betel*).

5th. THE SIRIBORS (*Piper siribors*).

These last two peppers form the basis of the masticatory substance which is called betel by the Indians.

6th. THE INTOXICATING PEPPER (*Piper inebrians*),

from the juice of which the inhabitants of South America prepare an intoxicating liquor.

7th. THE ANISEED (*Piper anisatum*), which throws out a smell of an agreeable nature resembling that of aniseed. All these peppers are more or less suitable in cases of dyspepsia, anoxeny or atony of the digestive organs.

Black pepper, in particular, is an energetic febrifuge in certain cases, and is stronger than white pepper ; and this causes gastronomists to give it preference as the only pepper for table use. But above all things, it should be ground just when wanted, by means of the little grinders which at the present time are found on the tables of all good restaurants.

If white pepper is preferred in the kitchen, it is only on account of its passing unseen into white sauces ; as a matter of fact its quality is inferior.

Black pepper also preserves rugs and furs from the moths and insects which destroy them. At the same time it frees the heads of children from lice, and this white pepper is quite unable to do.

THE CULTURE OF THE PEPPER PLANT.

The berries of the pepper plant grow without a stalk. They are immediately attached to a long stem, and are crowded together like a bunch of grapes. They are green to begin with, but become black in ripening. They are only gathered then, and are afterwards dried. They decrease in size and become wrinkled, assuming the form in which we know them. In gathering, those should be selected which are fleshy, weighty and solid, and have a keen, sharp taste. The plant which yields them, as already mentioned, is so feeble, that it is necessary in cultivating it to plant it at the foot of some large tree to support it. As a rule, the areca, which flourishes in those countries, is the one chosen.

Though its leaves to some extent resemble those of the ivy in shape and in colour, they are less green and

rather more yellow, while in addition they have a strong smell and a sharp taste. The pepper comes out in little bunches in a manner similar to that of our currant bushes. The berries of which these bunches are composed are green at first, but become red as they ripen and finally black, but only after they have been exposed to the sun.

It is in this last condition that your grocer sells them to you.

White pepper is likewise a little round fruit, but is a trifle larger than the black pepper. It is smooth and of a pale gray colour, but its taste is somewhat less piquant than that of the black. Here, again, those should be picked which are fleshy, large and weighty, and which have an exterior like a grain of coriander, but much harder.

THE PIMPILUS (*Piper longum*) or long pepper has a fruit which is long and thick, and about the size of a child's finger. It is round and swollen, with several small grains, which are arranged and joined together so closely that they seem to form one solid body of a gray colour with a tendency to red on the top of the outside, and blackish within. Each grain contains a little kernel, which becomes reduced, through dryness, to a white powder with a sharp and piquant taste. The plant which produces this fruit is of shorter length than the black pepper plant. Its leaves are finer and greener, and it grows abundantly in Bengal, the Indies, and in South America, where it is called the chili. It is from this that cayenne pepper is made. Vinegar merchants and manufacturers of pickles employ a large quantity of it in making their preserves, to which it gives an aromatic flavour.

A METHOD FOR PREPARING CAYENNE PEPPER.

Take a certain quantity of long peppers, which should be ripe, thoroughly red and thick skinned, and allow

them to dry in the shade. When they are dry, remove their stalks, and put them into a cast-iron mortar with their grains and a pinch of salt. Now pound them up with an iron pestle, taking care that the mortar is thoroughly closed with a good skin, allowing only a space for the handle of the pestle.

THE STALKED PEPPER (*Piper cubeba*) has a fruit which is like that of the black pepper with these exceptions, that it is rather larger and has a stalk. It comes from the Island of Java, and is sold freely in trade like the other.

There are still a number of other fruits which pass under the name of pepper, such as the African pepper, Jamaica pepper, and Chinese pepper, etc. The African pepper or grain of Zelim is a fruit which grows in long pods, about three or four inches in length, and of the size of a goose-quill. It is blackish, divided into little ridged compartments, and of an ashy-red material. The grains are oval and of the size of a small bean, while the taste approaches that of the black pepper. This fruit grows in Africa, and the natives make use of it in cases of tooth troubles.

Jamaica pepper is a fruit which is ordinarily larger than a pepper-corn. Its skin is brown and wrinkled, while there is a small crown at the top which is divided into four and forms its head. It contains two black nuts covered with a greenish-black membrane. The taste is a trifle sharp and aromatic, somewhat like that of the clove.

Chinese pepper has the same properties as long pepper, except that only the skin is made use of, seeing that the nut which is therein contained is too strong, and would burn your throat. It is what is called *jument enragé* (or mad mare), of which a little is used in the preparation of curry powder, whose remaining base is turmeric, also known as curcuma.

Guinea pepper is also cultivated in Spain, Italy, Hungary, and even in Provence and Algeria, and is

most commonly known under the name of large pimentos. Excellent ragouts are made from them when they are green, and dressings for joints, suiting equally well with rice, make a delicious dish, though a trifle pungent and high seasoned. Pickled in vinegar and next thinned out in a vegetable soup, they form a highly prized hors-d'oeuvre, which is very agreeable, more particularly in the hot weather. When green they only possess slight strength, which goes on increasing in proportion to the ripening, their red colour progressing in like measure.

When fully ripened, thick, reddish-purple and dried, they are used in preparing the paprika in Hungary, the felfel in Algeria, a dish that is so odoriferous in the preparation of the couscouss of the Arabs, which it renders so alluring that every European living in Algeria has no hesitation in making it his favourite dish. While useful and pleasant, there are two qualities of felfel used in preparing couscouss, the weak and the strong. The weak is prepared by removing the seeds before grinding in the mortar, and is useful for giving the colour and smell, while the strong serves to render it pungent.

The real paprika is prepared in Hungary, where the pimentos have a more delicate flavour. Elsewhere, only imitations of it are made, which are sold in flasks, bottles or boxes, so as to deceive the customer regarding its quality.

The shrub which yields this fruit grows to a height of fifteen to eighteen inches. Its stem is branched and knotty, and the leaves are oblong, smooth and pointed, and bright green in colour. The flowers spring in little clusters from the axils of the leaves, and are white and star-shaped. They are borne on a little calyx which develops into a fruit whose shape varies with the species; for in one case it is elongated in form, a trifle curved and somewhat of the shape of a cornet, in another it is short and pointed at the tip, while in a third it is round. As for the plant, it is the same in all three cases. The fruit

is green to begin with, but in the process of ripening becomes a bright and vivid red, like that of coral, while its seed is long, flat, of medium size, and reddish in colour.

When green it is eatable, and is used in the preparation of ragouts, dressings, etc., and also for salads and pickles. All these sorts are sold by the Vegetable Meat Company, at 37, Old Compton Street, W.

When red and purple it is used for making red peppers, which are superior to other peppers in the preparation of condiments.

A CHEMICAL EXAMINATION OF PEPPER (*Piper nigrum*).

Common white or black pepper is composed as follows:—

A special crystalline material (*Piperine*).

A very sharp concrete oil.

A balsamic volatile oil.

A coloured gummy material.

An extractive principle, similar to that of the Leguminosæ.

Malic and tartaric acids.

Starch.

Bast and woody matter.

Earthy salts and alkalies in small quantity.

2nd. There is no organic alkali in pepper.

3rd. The crystalline substance of pepper is peculiar to it.

4th. The pepper owes its flavour to the presence of a slightly volatile oil.

5th. There are points of likeness in composition between common pepper and that of cubeb and stalked pepper.

6th. The differences in composition which are observed in these two fruits can only be explained by difference of species. This could not be done if

only one of these two substances contained an organic alkali.

FEBRIFUGE PROPERTIES OF PEPPER.

During the course of last century, medical men frequently made use of pepper as a succedaneum to quinine in treating attacks of, or chronic cases of fever, in cases where the latter remedy had failed. According to the "Dictionary of Medical Science," recourse was had to the former, which was administered in doses of six to ten grains (volume) daily in the form of pills. Out of seventy patients treated in this way, the greater number were cured after the second or third attack, and in four cases only did the remedy fail to answer the expectations of the doctor. Pepper possesses this important peculiarity in the treatment of fevers, that the illnesses which it has cured do not return so easily as those which have been combatted by the other febrifuges, and especially by quinine, which is regarded as the most powerful of them all. It is certainly these febrifuge properties that afford the reason why the natives of warm and feverish countries make such a large use of pepper of one sort or another, whether it be black, white or red, in their dishes, in which it is also a necessity for Europeans as well who settle in these countries. We are hence able to argue that culinary preparations should be made on hygienic principles which will bring them into agreement with climatic actions on the consumer, under the penalty of bringing about digestive and other troubles of the system for not doing so.

THE INTOXICATING PEPPER.

This is scientifically called "Xocoxochitl." It is a plant similar to the laurel of Magellan, and from it the Mexicans extract from its seeds a juice, whence they obtain a liquid pepper, which they call tobasco pepper. The latter, though late in making its appearance on our

tables, could in the near future easily surpass its congener, the black pepper. It has for a long time been commonly used in the States of South America, where the natives extract from it a strong and intoxicating liquor. The latter is also largely employed in medicine, owing to its febrifuge qualities. A product enjoying so much quality and favour could not do otherwise than cross the Atlantic to enter into competition with similar condiments, and so we now find it in a neat and practical form in pretty bottles, which only allow it to come out drop by drop. This is a necessity when it is considered that a drop of this liquid pepper is quite the equal of ten grains of pepper, and gives a fresher, a more pungent, and at the same time a more savoury aroma.

This liquid pepper, which is called tabasco, from its Spanish name, has figured in the last two exhibitions at Paris and London, where it carried off the highest awards. This latter fact speaks sufficiently well for it. At that time I sampled a bottle which gave me complete satisfaction in the following respects:—

1st. It is superior to ordinary peppers in increasing the flavour of thick soups and consommés, while leaving no traces or spots to indicate its presence. Its use is easy and clean, as it is in a bottle, while it is also economic, its strength being very much greater.

2nd. In the case of sauces, one is saved the bother of cooking grains of pepper in them, or of putting in powdered pepper, which generally spoils the appearance of white or cream sauces; while a single drop of tabasco in these sauces, soups, or consommés is quite sufficient as a finishing touch.

3rd. For stuffing, for purées, pastes, or savouries, it excels cayenne pepper, which is occasionally so irritating through having been put on too thickly.

Since then I have made regular use of it, with advantage to myself and satisfaction to others.

To try it is to adopt it. It is on sale in the shops of all good spice dealers or grocers.

VINEGARS.

FRENCH OR BRITISH VINEGAR (*Acetum Gallicum et Britannicum*).

The name of vinegar is purely a matter of form, for it is composed of two words which mean sour wine. This is what the vinegar should be ; but in reality it is far from being so, and for this there are numerous reasons. To begin with, there is the constant need of quickly realising large profits by selling at a cheap rate, so as to attract a larger number of customers. The latter don't stop to take sufficient consideration of the quality of the product they buy, lowness of price giving them the chief satisfaction. Next comes the apathy, and absolute want of interest, displayed by governments in these important questions of public health, which, however, it is their province to supervise and protect.

Of a truth it is easy enough to think, if not to say, that no one is compelled to buy it, and this, in itself, would be fundamentally true. It is such considerations as these that have caused the birth of this article, the author entertaining the hope that many persons will be able to learn a precious lesson from it.

All this *laisser faire*, this lack of watchfulness, is bound to lead to the adulteration of the better products, and in this matter it may be mentioned that sweet oil and vinegar, two of the most indispensable companions on a table, hold the record with regard to the most shameless tricks played in their preparation. This is to such an extent the case, that it is exceedingly difficult, even when marked at a big price, to find the true, the real harmless vinegar which is distilled from pure wine.

It is, with some difficulty, still able to be met with at the laboratories of some of our good perfumeries ; and from being prepared for private use, as was at first intended, it has become used in public. Of course it stands to reason that for cheap perfumeries it does not

undergo the honour of a special distillation, nor a test as to its authentic origin, while its less costly homonyms, the vinegars obtained from grain, malt, cider, perry, beer, sugar, molasses and wood, are under control.

Vinegar is obtained from the fermentation of all forms of alcoholic matters which have not lost their mucilaginous principle. These substances are exposed to a moderate degree of warmth in contact with air, and this brings about a second and acid fermentation which causes the liquid to turn to a sour wine, or vinegar, a name that is suitable enough when it is prepared from wine. But when obtained from various other substances, it is no longer a wine in any sense, but only some form of acetic acid sold under a fictitious name. It is thus easy to grasp the little trick that the learned science of chemistry has to play in an equally pretty way—which it never fails in.

WINE VINEGAR.

All sorts of wine, whether they be red or white, are generally made use of in converting them to vinegar; but, and there can be no question on the matter, as the better wines contain a larger proportion of alcohol, and as alcohol is the basis of vinegar, it is absolutely essential to obtain the best alcohol.

The change of the wine into vinegar is the result of an internal movement which arises in it, and which is brought about by the presence of mucous substances in a condensed condition, which are easily broken up by the presence of tartar, the latter being formed there in the presence of air, and by a ferment-producing microbe, which passes under the name of *Micoderma acet.* The latter is always produced at the surface of wine that is exposed to the air, and this fact supplies the reason for the repeated caution to re-cork always bottles or flasks of wine that have been opened, and not to be too long in emptying a barrel. In the latter case, the air penetrates

through the little bunghole that must be made so that the liquid may be able to pour out through the tap. It is thus to the union of several of these minute cryptogamia that is due the formation of that membranous layer, with its mucilaginous and threadlike appearance, which is spoken of as the "mother of vinegar." Care should be taken to continue the presence of this in the barrel, for then the latter has only to be re-filled to quickly yield really good vinegar. So long as these little cryptogams are merely floating on the surface of the wine they have no effect on the alcohol, which betrays no signs of an acid fermentation, but as soon as a continuous and solid layer is formed the transformation into vinegar becomes a rapid process. Of all the liquids fermented into vinegar, the only one that can, without any inconvenience, be admitted for table use, is that which is obtained from wine; but the difficulty is to obtain any that is guaranteed to be so. The following description is that given by Dr. Neligan and the Edinburgh Pharmacopœia:—"Vinegar is of a natural pale reddish-yellow colour, transparent, with a sharp, peculiar acetous odour, and an acidulous refreshing taste—with a specific gravity from 1.006 to 1.009.

"French, or wine vinegar, is generally of a deep colour, and has a more fragrant odour than British or malt vinegar—its density also is greater, being from 1.014 to 1.022. It is composed of acetic acid, colouring matter, mucilage, and water, and a trace of alcohol. Wine vinegar may be distinguished from malt vinegar by ammonia in excess, causing a purplish muddiness, and slowly a purplish precipitate with it. In addition to the constituents mentioned above, it generally contains some bi-tartrate and sulphate of potash. The odorous principle of vinegar is conjectured to be acetic ether; its medicinal virtues depend on the acetic acid it contains."

Vinegar prepared from white wine is characterised by the same properties as that obtained from the red, the

only difference being one of colouring matter. The other vinegars obtained from perry, cider, grain, glucose, and wood should be regarded with suspicion, for, being too weak in acetic acid, they are brought up to the necessary standard, as I have already mentioned, by the aid of one or other of the following acids:—Sulphuric, hydrochloric, nitric, tartaric, or oxalic, the whole of them being used for this purpose. As to those that are destined to be put in pretty and neatly-stoppered bottles, decorated with fancy labels, they are lightly perfumed with a few drops of some chemical essence, and the vinegar is then ready to be put on the market.

In order to increase the acidity of vinegar, it should be exposed to a temperature of 60 degrees. This will have the effect of concentrating the acidity, but will also have the deleterious effect of depriving it of its alcoholic constituents which give it its chief qualities. A better method would be to submit it for a short time to the action of a freezing mixture. The effect in this case would be the removal of the aqueous part through its freezing, while the vinegar which is not frozen retains all its acid and alcoholic qualities.

As I believe the matter will interest the reader, and in order that he may know the manipulations to which the different vinegars, sold in the trade, are submitted, I append the remarks to follow. I do so the more readily since these vinegars are not all vinegars but rather are acids, a fact that goes further than ever to show that there are vinegars, and the true wine vinegars. Hence I might also say that one should not be too prone to believe that vinegar is vinegar when it is simply labelled so.

The vinegar which is consumed in such large quantities in England, the land of strongly alcoholised beer, is naturally one prepared from malt, the fermented grains of barley.

The greater number of these vinegars contain a certain amount of sulphuric acid, since this privilege was granted

to brewers by a wretched Act of Parliament. It is true that, according to this Act, the quantity must not exceed a thousandth part by weight of the acid; but may not the result of this privilege, as in most cases of the kind, be an easy step to its abuse, as the step is only such a little one?—However, the rule does not seem to suit all the manufacturers, amongst whom are still to be found a few honest people and loyal tradesmen, and pure malt vinegar may still be obtained. Also, if the colour be altered by the addition of sulphuretted hydrogen, it contains metallic matter, generally copper or lead, or some acrid vegetable substance as capsicum, grains of paradise, etc. The vinegar should have been first neutralised with carbonate of soda. The quantity of sulphuric acid contained is indicated by the extent of the precipitate produced, with a solution of muriate or nitrate of baryta.

PURE WINE VINEGAR.

The true wine vinegar is prepared by placing in a barrel, which should be bound by strong iron hoops, some wine and dregs of wine (the remains after the clearing). It is this substance which becomes its chief basis and brings about the change from the wine to vinegar, and which has in consequence become known as the “mother of the vinegar.” At the same rate that the vinegar is drawn from the barrel, the latter is refilled with more wine, and care is at the same time taken to allow the air to enter by means of the bung. If this process be carefully carried out, one may rest assured of always obtaining a good vinegar, of guaranteed purity and economy. In drawing off the vinegar from the barrel, there is one thing that is absolutely necessary. The tap should be of wood, as those made of brass, or other metals, have the disadvantage of forming a poisonous substance when in contact with flowing vinegar.

More especially must one avoid pouring in wine which has flowers, or is at all thick, as that would bring about the formation of a deposit that would be more harmful than profitable.

Another expeditious method, and one put in practice by certain manufacturers, consists in putting a large bunch of shavings, either of beechwood or of yew, into the barrel, after having thoroughly washed them, and sprinkled them with some warm vinegar. The wine is then poured on top, the bung is left open, and in less than a month an excellent and perfumed vinegar is obtained. In the course of this operation it is optional to add to the shavings some chili, pepper-corns or the like, or some horse-radish, leaves of tarragon, some essence of oranges or lemons, etc., etc. While I am on the subject, I must just describe to you another method which is interesting on account of the fraudulent reason that caused it to be employed. This recipe, though curious in itself, is nevertheless fully authenticated, and goes to show that in dealing with a rogue, one must be a rogue and a half. Here, then, is the little story accompanied by the good recipe, which, very fortunately, can no longer be put in practice. There was a time in Paris, and for that matter even in our own times, when smaller duties were charged upon vinegars than on wines, before either was permitted to enter the city. Further, the merchants in their trading were more artful than scrupulous, and had soon caused their wines to pass in as vinegars, and this, too, right under the noses of the Customs officers, who were completely hoodwinked. This wine was next sold as such. The best of the matter was that the trick was exceedingly simple, but in this case, as in all others, it was necessary to be in the secret. Well, here it is ! They used to put into each cask a bunch of roots of beet, which possess the power of rendering any wine very sharp and so helping easily to deceive the watchful. When these arrived at their destination, the roots were taken out, and were replaced

by a like quantity of cabbage, which restored the wine to its original condition. Thus the trick was played and the duty not paid.

Now, one would occasionally like to be able to make wine vinegar, without possessing either shavings or the mother layer, etc., and one ought not to be held up by the want of so little, and so the following process may be adopted. You should save your scraps of black or rye bread for this purpose. Take these and soak them thoroughly in vinegar and then allow them to dry. Next they should be pounded very small and moistened again with flour so as to make it into a sort of paste which is then allowed to dry again. It is then pounded up again and the powder so prepared is placed in a little barrel. The latter should now be filled with wine, the whole thoroughly well shaken and left open. Within a very short time afterwards you will have an excellent vinegar. If you wish to make a good tarragon vinegar, the only thing you have to do is to put your vinegar in a little barrel, and put into it sixteen ounces of fresh tarragon leaves to six quarts of good wine vinegar. Next leave it to macerate fully for a fortnight, taking care to shake the whole from time to time. The liquid should then be drawn off and bottled. The above is the method adopted for its preparation in the days gone by, but in our own times, with the present disinclination to occupy much time in doing things well, people satisfy themselves by mixing with a large quantity of vinegar a proportionate amount of essence of tarragons, just as essence of grapes is mixed with all sorts of common vinegars with the idea of passing them off as good wine vinegars. Doesn't the conscience of the dealer always rise to the same pitch as the ignorance of his customer! Thus it is that matters are the same in the case of all the other vinegars. It often happens in consequence, that the worst, the most wretched and nefarious qualities of vinegar are characterised by the finest perfume, the most pleasing flavour, and the most sparkling appearance. Isn't it the same

with the human race? Yet we allow ourselves to be taken in by them every day.

If you wish to have, and to offer on days of ceremony, a vinegar that is aromatic, *par excellence*, proceed according to the following recipe:—Clean five heads of garlic, (I can see your face puckering up in anticipation), and put with them twenty well cleaned shallots. Break them, mince them up, and put them into a little tub or large glass dish. Now add the following to them:—

10 bay leaves ;
20 heads of cloves ;
2 ounces of pimpernel ;
1 ounce of mint leaves ;
 $\frac{1}{2}$ ounce of balm mint ;
6 ounces of coarse salt.

Leave the whole to macerate for a period of about six weeks, being careful to shake the tub, which should be kept open to the air, from time to time. It is then filtered and kept in bottles in a cool place until it is wanted for use.

This is not all, for here is another that I recommend to your attention. It has a tendency to being flat and you may attempt it by following this recipe. It is not of much use, but knowing that it may amuse you while instructing you, though you may not go to the trouble of making your vinegar, either flat or otherwise, I give it here:—Pick and clean

10 ounces of juniper berries ;
1 ounce of flowers of elder ;
2 ounces of savory ;
About 6 quarts of vinegar.

Put the whole in a large dish, and allow it to ferment in

a warm place for a period of a fortnight, then draw it off, filter it, and put it up in bottles.

As a matter of fact, the greater number of the so-called wine vinegars that are consumed in London are wine vinegars made from dry raisins. Such are chiefly sold to public-houses and grocers' shops, where they are resold at from 10d. to 1s. a bottle, and so yield a profit of 100 per cent. Their finishing flavour is obtained by the aid of essences of grapes and other things. This, of course, cannot but prejudice it to a large extent, while it at the same time helps it in its rivalry with the natural wine vinegars. The latter, none the less, should have the right of being able to reckon on the watchfulness and protection of the Government, especially as it is a matter which concerns the public health to a very high degree. These Governments, before setting themselves to tax to excess commodities of the highest necessity, would do better by sufficiently taxing these vinegars made from wretched materials. Wouldn't this go far towards maintaining commercial honesty?

A METHOD FOR CONVERTING RED WINE VINEGAR TO WHITE.

This metamorphosis is brought about by the aid of powdered wood charcoal, but still better if animal bone charcoal be used. This powder should be mixed with the red vinegar, and care should be taken to shake up the mixture frequently. By about the fourth day, the vinegar should be as colourless as water. All that then remains to be done, is to filter it through a filter-paper, in a large funnel. These vinegars, being the equals of those obtained by distillation, are largely used commercially in the preparation of perfumery. The yellow, pale yellow, straw-coloured, and golden vinegars, etc., are obtained in the same way, with this exception, that the whole of the colour is not extracted, the quantity of

charcoal used being less than when complete decolorisation is aimed at.

Vinegar that has been distilled in glass or earthenware retorts, is certainly of a purer quality, and is, therefore, more suitable for perfumers, as it has the power of dissolving the extracts, such as the mucilage, the essential salts, the gums and resins, and is rendered by distillation and maceration more fully charged with the odorous principles of those substances that have been united to it, such as lavender, orange-blossom, roses, lemon, elder, nutmeg, cloves, cinnamon, etc., etc. All our toilet vinegars are obtained from these after this fashion: Along with the vinegar is dissolved a quantity of verdigris, which is evaporated and then crystallised, so as to give those crystalline salts to whose perfume our nervous little ladies are so very partial. However, this practice is rather harmful than useful, as it has the unfortunate effect of acting too strongly on the nerves and senses, which are generally too upset at the start.

GRAIN OR MALT VINEGAR.

The grains used in the preparation of this vinegar are malt and barley, in the proportion of one of the former to four of the latter, the whole being broken up together, just as is done with them for brewing or distilling. The reason for using more of the barley than of the malt is, that the former is the more rapid in becoming sour. The corn, when ground down, is put to soak, and then to macerate in six or eight times its weight of water, just as though it were being prepared for distillation and the production of alcohol. This is so, because the whole aim of this maceration and fermentation is the production of what might fitly be named a barley or malt wine. When the frothy head of the fermenting mass has settled down, after a few days the alcoholic matter will be found to have separated into two portions, the one clear though a trifle limpid, and the other, compact. The latter is a

deposit of the parenchymatous matter of the grain which has settled down at the bottom of the tub. The clear liquid above is now decanted off, while the paste is put into a chamber to undergo further distillation. The small quantities of liquor that result from this distillation are added to the clear liquid, and this is then put into a warm room, there to undergo an acid fermentation. In this warm room are a number of tuns placed on their sides, and steadied by blocks. These tuns are filled with liquid to half or three-quarters of their capacity. But for working purposes they are only filled to about one-fifth or one-quarter of their volume with a vinegar prepared in the ordinary way, together with the membranous matter which forms in the casks in which the vinegar is kept. When prepared in this way they are filled to half or three-quarters of their capacity with the clear liquid that has been described above. The room in which these casks are kept must be maintained at a constant temperature of from 30° to 35° Reaumur, or about 100° to 110° Fahrenheit. Every day the liquid is decanted from each tun, and for this purpose there is kept a small empty tub to go the round. This receives the first decantation, the latter receives the second, and so on. This operation, by stirring and aërating the alcoholic liquid, is conducive to the production of vinegar, and might, with considerable advantage, be repeated several times a day. The vinegar prepared in this fashion is well developed in from a month to six weeks, if all the operations have been properly carried out. The next step consists in decanting half the liquid contained in each tun, and this is taken away in little casks to a cool spot, where the process of clarification is carried out. The vacancy thus created in the tuns of the warm room is, of course, always made good by filling with the clear liquid obtained by the alcoholic fermentation, care being always exercised in preserving the deposit, which is like a bed, and is the mother layer of the vinegar. All these operations are repeated in turn. Just as is the case

with the wine vinegar, so here, the process of clarification is carried out with the aid of shavings of beechwood, which act in an astringent manner owing to the tannin they contain. It will be seen from this rapid summary that the early materials employed are not so costly as those used in the case of wine vinegar.

WOOD VINEGAR OR ACETIC ACID OF WOOD.

As acetic acid is a chemical production which involves distillation in large apparatus of a special kind, and this, too, in large factories, it will easily be understood that I have not the space here to give a full technical description of it. It would be utterly useless to do so considering the impossibility of its fabrication, and the complicated nature of its description. Nevertheless, I think I should give, as briefly as possible, some idea of this operation. Well, then, there are large furnaces, which receive the large retorts made of cast-iron plates. At the lower extremity of these retorts comes a brass tube, which widens out as it ascends against the walls. Attached to this funnel is a large cylinder which, curving downwards, plunges into a tub of water that is always kept full by a regular flow of cold water. In this cold bath is the condenser, which is the next part of the apparatus. To this are fitted, on the one side, a little tap for running off the liquids, and on the other another cylinder like the preceding, but curving upwards in the opposite direction to the first, and rising vertically upwards, opens into the fire-grate. When the apparatus has been rigged up, the retorts are filled with wood a year old from the time of its being felled. This wood is cut up into pieces which are long and straight, and about as thick as a man's fist. Next, as soon as the retort is full, the cover is put on and fastened down with screws, and it is then put into its furnace. A solid cover of masonry is next put above it, and the cylinder is adjusted to the retort, after which the fire is lighted. All the water contained is quickly dissipated, and soon

the carbonisation of the wood begins. It is this final action that is going to yield the desired vinegar. Now are set free large quantities of carbon dioxide and carburetted hydrogen, along with much oily and tarry matter, etc. No matter in what part of the retort the decomposition may take place, all these products are compelled to traverse the entire mass to find the opening of the exit tube, which has purposely been placed at the lower end. Through this aperture they find their way to the copper cylinder which directs them to the condenser. There, nearly all that is composed of water, acetic acid, and oily matter flows away through the little tap, while all that partakes of the nature of the gases, carbon dioxide and carburetted hydrogen, together with a small amount of the other products, ascends by means of the second cylinder, and finds its way to the fire-grate where it serves as a form of fuel. All the tarry matter is now passed through various other cylinders in which it is subjected to the action of quick-lime, obtained from calcium bicarbonate, and is next caused to crystallise into a crystal salt, as black as coal. These crystals are next dissolved in water and are caused to decompose by the aid of commercial sulphuric acid, and the products of this last operation are a sulphate of soda which crystallises, and acetic acid, or wood vinegar, which has only to be distilled to be perfectly pure. This distillation is done in large sandstone pitchers, called sourilles. During the heating only a very slight quantity of sodium acetate is decomposed, the which is due to the oily substance. This acetic acid, thus rectified, registers 11 degrees on Beaumé's areometer.

It is an easy matter to condense this acid to such an extent as to bring about its crystallisation. All that is needed is to combine it with acetate of lime, and to decompose this slightly calcined salt by means of concentrated sulphuric acid. From the moment of their being brought together the action is very vigorous, and

the acetic acid is set free, abandoning all the water, which is foreign to it, to the sulphate of lime. I could still occupy you a long time with the description of these concentrated acids, which are certainly by no means lacking in interest, but which would fill up too much space. I must therefore be pardoned if I abridge matters, and in my concluding words I may say that the harder woods give the most satisfactory results, and that woods of a white texture are not made use of. Further, it takes from six to seven hours to carbonise the wood, and quite as long for the apparatus to cool down again, while all that remains within the retort is sticks of charcoal, which you may buy by the sack for the purpose of heating your grill or range. In addition, this acetic acid is purer than any form of vinegar whatsoever, having been fully deprived of all impurities, but at the same time it is only a purely chemical production, and not natural, and as such should be banned in all alimentary preparations. In spite of this last remark, our pretended wine vinegars, as well as our toilet vinegars, for which we willingly pay pretty heavily, are hardly anything but combinations of this vinegar with acetic acid from wood.

When worked up in this way, a quart of acetic acid suffices to make fifty quarts of ordinary vinegar, which, of course, renders it possible to put the latter on the market at very moderate prices. Acetic acid, in the pure form, is greatly used in pharmacy, where it is made to undergo the preparations necessary to render it useful. The chemical properties of glacial acetic acid, according to the account of Dr. Neligan, are :— “One equivalent of anhydrous acetic acid and one of water ; it crystallises at 60° , and is vaporisable at 248° F. When of the density 1.063, one hundred minims (97 grains) neutralise nearly 242 grains of crystallised carbonate of soda.

“ Pyroligneous acid (Dublin), contains, according to Mohr’s table, 33 per cent. of hydrated acetic acid, while

that of the Edinburgh college contains but 25 per cent. Acetic acid (London) consists of one equivalent of anhydrous acid, and thirteen of water ; one hundred grains neutralise eighty-seven grains of crystallised carbonate of soda.

“Acetic acid reddens litmus paper, and its vapour fumes with ammonia. It combines with many of the metallic oxides, forming crystallisable salts ; it dissolves the vegetable alkaloids, camphor, resins, fibrine, albumen, and also the active principles of many vegetable medicines, in consequence of which properties it is much used in pharmacy. But in commerce it is sometimes adulterated with sulphuric or hydrochloric acid ; the former may be detected by the production of a white precipitate, insoluble in nitric acid, on the addition of a solution of chloride of barium or nitrate of baryta : the latter by a similar precipitate being produced on the addition of a solution of nitrate of silver. The occasional impregnation with lead or copper is readily detected by sulphur-etched hydrogen causing a black precipitate. Acetic acid undiluted acts quickly and powerfully on the skin, causing redness and vesication, and destroying the life of the parts if left sufficiently long applied ; it may, therefore, be used as a ready means of producing vesication ; but its chief use is as a caustic to destroy corns and warts, the latter especially when of syphilitic origin.”

I begin to think my article is lengthening out to an indefinite extent, more so than I intended ; and I also think it is about time to bring it to an end with a short account of the recipes for so-called aromatic vinegars and those for purposes of the toilet, which are obtained by the maceration of various plants, and are very easy to prepare at home.

AROMATIC VINEGARS BY MACERATION. ELDER VINEGAR.

Dried flowers of elder 2 pounds.
Distilled vinegar 8 pints.

Pluck the stalks from the flowers of the elder, and dry the latter very carefully. Next put them in a large vase or beaker and pour good pure vinegar over them. Close the opening of the vase hermetically so as to prevent the air getting in, and keep it in a very warm place, taking care to shake it well from time to time. About eight days later you can take the vinegar out, and either distil it or pass it through a filter paper in a glass funnel. After that it may be kept in well stoppered bottles. The same method is adopted in the preparation of vinegars from tarragon, mint, nasturtium flowers, rose leaves, lavender flowers, as well as from cinnamon, nutmeg, cloves, balm-mint, etc. All these vinegars are excellent for treating the skin and the hair, and are very pleasantly perfumed.

COLCHICUM (MEADOW SAFFRON) VINEGAR.

Take of fresh roots of colchicum 16 ounces.
And of distilled vinegar 6 pints.

In selecting your saffron roots, pick the finer ones which have been freshly pulled, and cut off the little thread-like roots. Next give them a good washing, dry them, and cut them into very thin slices. Now put them into a large jar and pour the vinegar over them, seal the jar up hermetically and allow to macerate in a warm place during a period of three or four days, and as before, be careful to shake it up from time to time. Next filter it in the way described above and finish as before.

VINEGAR PREPARED WITH WHEY.

The following is a recipe for a vinegar that is *par excellence* a cheap one. Mix together a table-spoonful of honey to a pint of whey, and after waiting three or four days add a seventh part of good brandy. Then cover over the basin with a linen cloth, or something of the kind, so as not to allow the air to get in, and put it

away in a place whose temperature is from 20° to 24° Centigrade. It should be shaken up from time to time, and at the end of a couple of months you will have a very good vinegar, which is both cheap and easy to make.

LEMON VINEGAR.

This vinegar, which in addition to its flavour of lemon has a very aromatic taste, is prepared with a species of vervain which passes under the name of *Verbena triphylla*. Clear vinegar of medium strength is put into a flask until the latter is three parts full. The remaining space is filled with fresh leaves of the vervain which should have been previously dried in the sun for a couple of hours so as to extract their moisture. The flask is then stoppered and placed for three days in a place whose temperature is moderate, being careful, however, not to expose it to sunlight. During this time the stopper is frequently removed and the flask shaken, after which the vinegar is decanted two or three times. On each occasion a few fresh flowers, about half the quantity put in at the commencement, are added, and these are left in the vinegar just a half of the time. It is then put into tightly stoppered bottles which are allowed to stand for a few days. This vinegar is very aromatic and excellent.

THE VINEGAR DES QUARTE VOLEURS.

The following ingredients are required for this :—

Nutmeg - -	1 ounce	Cinnamon - -	4 grains
Flower heads of rue - -	1 ounce	Cloves - -	4 grains
Mint - -	1 ounce	Calamus aro- maticus - -	4 grains
Sage - -	1 ounce	Fresh clove of garlic - -	4 ounces
Rosemary - -	1 ounce	Reddened dis- tilled vinegar	16 pints
Absinthe - -	1 ounce		
Lavender - flowers -	4 ounces		

Pour the vinegar into a matress or large receiver of glass or porcelain. Into this put the clove of garlic which should be cut into thin slices, and the other ingredients which should be dry and roughly ground. Shake the mixture up and then allow it to macerate for about three months in a warm dry place. At the end of that time strain off the liquor under pressure, and then filter it either through a strainer or a filter paper. Next add to it an ounce of camphor which you have dissolved in a little spirits of wine. You can now keep this toilet vinegar in stoppered cut-glass bottles. This vinegar is considered to be a very good anti-pestilential, and is used for rubbing the skin and for inhaling. It restores and eases the senses, without exciting them as smelling salts do. It is evaporated in rooms to free them of their bad and stuffy odour, and one's clothes may be exposed to it with the view of rendering them safe from contagion.

VINEGAR POWDER.

To prepare this powder, some ounces of fine salt, or of cream of tartar, are lightly sprinkled with strong vinegar, and are then put away for a few days to dry. After this they are again sprinkled with vinegar and again allowed to dry, this operation being repeated four or five times. This salt or tartar is then crushed up into a fine powder, and kept in bottles. If it should be desired to obtain some vinegar extemporaneously, a teaspoonful is put into a glass of water, of white wine, or even of beer, and the vinegar is made. It is purely optional to add to it any form of essence or perfume, either in the solid form or dissolved in water.

SALAD OILS.

If the subject of all the known oils were treated in its entirety, the whole of this book would certainly not provide sufficient space for it; but as it is only the com-

mestible oils that ought to occupy our attention, I shall leave on one side all those which do not, to some extent, however slight, play a part in matters of alimentation. Even then our programme will be quite a long enough one.

As everyone already knows, every oil sold in the trade in England as a salad oil always and invariably passes under the name of olive oil, whether it be obtained from earth-nuts, colza, croton, copaiva, nuts, field poppies, hazel-nuts, cumin, maize, or the hoofs of sheep or oxen.

The majority of the people of England only appreciate the quality of the oil by one characteristic, its cheapness. It should be remembered that oil is sold at from 2s. 6d. to 10s. 6d. a gallon, and, in passing, I may be allowed to mention that the buying of oils in bottles is a great mistake, and a form of bad management in the case of many somewhat important houses. These bottles are certainly dearer owing to the labelling, while it is always easy to keep a bottle which may be refilled from a gallon kept in store.

Very few masters or mistresses of houses are to be found who take the trouble to find out from their chefs, or first-class cooks, the quality of the oils made use of in culinary operations.

As olive oil is classed as the first of all, owing to its real and undeniable qualities, we shall award it the honour of being treated before the second-rate kinds, which, moreover, we shall only briefly describe. The olive tree (*Olea Europa*) is one of medium height, whose original home was in Asia Minor. In times long ago departed it was imported by the merchants of Phoenicia, Venice, Phocea, and the Saracens, who in those distant ages monopolised the trade of the world.

In our own times the olive is cultivated all over the South of Europe, but more especially in Provence, in Southern France, where orchards of it cover a large portion of the ground, and furnish for numerous factories the material which contributes so large a part to the

richness of the country. The olive tree provides a hard, muchly veined, and twisted variety of wood, which is highly prized in the timber trade; while its foliage is very thin, and thus affords very little shade. By Linnæus it has been placed in the order of the *Diandria Monogynia* and in the natural family of the *Oleaceæ*.

Olive oil is obtained by crushing and squeezing the olives, which have been previously placed in sufficiently strong and resisting canvas sacks. These sacks are next placed under the press, which is then manipulated in such fashion that the pressure is gently and steadily increased. At each increase of pressure the oil escapes out of the press, and is allowed to run off into cisterns.

This virgin oil, as it is called, before being placed on the market, has to be purified and clarified by being passed through various alembics and filters, where it leaves all its impurities behind.

From the residuum remaining after the first pressing, yet another oil is obtained, but one of inferior quality. It is obtained in the following simple way:—The residue is sprinkled over with boiling water and then submitted to further pressure, and the oil is easily obtained from the product as it floats lightly on the water.

This oil of olives is transparent, unctuous, and of a fine yellowish colour, which may be pale or greenish, according to the degree to which it has been refined. However, it has a tendency to become rapidly rancid, and so it is wise only to buy such quantities of it as are actually wanted.

From a chemical point of view, this oil is composed of 72 parts of olein and 28 parts of margarine, and it solidifies at 36° Fahrenheit. It is insoluble in water as well as in alcohol, but at a temperature of 59° Fahrenheit it will dissolve in an ounce and a half of ether.

The best method for investigating the purity of olive oil is that which is known as Poutel's, which is the one adopted by the Universities of Edinburgh and Dublin.

It would be superfluous to publish it in this book, as it belongs entirely to the province of pharmacy, in which pure olive oil is used in the preparation of drugs and emollients, or is converted to glycerine, which is only the product of olive oil treated with oxide of lead.

The simplest way out of the difficulty, and to avoid being deceived, is to make sure of a brand which offers all possible guarantees for its purity, and to demand it from your tradesman, whose interest it will be to obtain for you those oils, which will at the same time yield him more profit; an essential quality in trade matters.

A brand known as "The Favourite" has been imported into England, and is now obtainable at most good grocers. I have made frequent use of it under several conditions, and the results obtained are sufficient to establish its complete purity. I now use no other, and have no hesitation in recommending it as the best of olive oils imported into England, though its price is hardly any higher than that of the more doubtful kinds. Make but a trial of it, that will cost you little, and you will thank me for recommending it.

As to the olives themselves, three kinds are distinguished from one another, as they differ both in quality and in size: they are those of Verona, those known as Spanish, and those of Provence, known as French. The first are but little known in Western countries, remaining content with providing the delicacy of Eastern peoples, who regale themselves by sprinkling them with their abominable mastic (a kind of absinthe and aniseed), whose abuse is a very pernicious practice. These olives are very small and have the reputation of being the best. The second have a pale green colour and a slightly bitter taste, while their size is slightly smaller than that of a pigeon's egg. Those of Provence, though half as small again as the preceding, are better, more made use of, and more in demand, especially the very small ones, known in the dialect of Provence by the name of "picholines," meaning very small, and which are

famous for possessing an exquisite flavour. The large olives are hardly used except for stuffing, and for preparing choice hors-d'œuvres. The people of Provence use them for dressing their dishes and sauces, and the same sort are naturally preferred as hors-d'œuvres.

The olives as they grow on the tree are far from having the flavour and goodness for which they are famous and well known. They have, on the contrary, an unhealthy, bitter taste, which they are made to part with by being washed with lye as soon as they are plucked. For this purpose they are pulled a considerable time before they arrive at full maturity, and are allowed to soak in fresh water for several days. After this they are placed in another water, which has been prepared from the solution of the salts contained in the ash of burnt olive stones. They are left to lie for several days in this water, after which they are withdrawn to be put into a salt bath or brine prepared from salt and water. After this they are put, with this brine, into those little barrels in which you receive them, and from which you can bottle them, both to your own profit and the greater satisfaction of your patrons.

I ought to remind you that it is essential that they should soak for a sufficient time in the brine, or otherwise you will suffer the grief and annoyance of seeing them blacken and quickly going bad.

Those black olives, which are also to be found on the market, are only olives which have been gathered when quite ripe. Although their use is a much more limited one than that of the green variety, they are far superior to the latter. Amateurs in the matter of olives prefer them, while in the country itself they are consumed in large quantities, and as hors-d'œuvres they are preferable to the green. They are submitted to the same method of preparation as the preceding, with but one slight difference, which is as follows:—As soon as they have been sufficiently salted, they are removed from the brine bath and allowed to dry. They are then

bottled for a few days in olive oil, from which they are withdrawn later on, and either packed in barrels, tin boxes, flasks, or bottles.

According to certain reports published during the last century, olive oil was made use of as a preventative of the plague, either in the form of a lotion, or in the bath. Some time later on, a certain gentleman, Jose Januaris Colacos, a Portuguese Consul at Larache, made the discovery that the internal application of olive oil was a sure remedy against these plagues. Out of two hundred persons, whom he caused to drink the oil in sufficient quantities, scarcely ten succumbed to the epidemic. He repeated his experiments in different places, and obtained the same results. In the face of this known fact, it only remains for those who eat salads without dressings to try the experiment of sprinkling them lightly with a little oil according to the culinary fashion, and they will be convinced that their palates will quickly get accustomed to it, while their health and digestive powers will be greatly benefited.

Now with regard to the various oils of inferior quality, which in the greater number of cases only serve to adulterate the richer and better forms of olive oil, the following may be briefly described.

POPPY OIL.—This oil is highly appreciated by the peoples of the North of France, of Belgium, and of Holland. It is extracted from the seeds of a variety of the poppy.

OIL OF THE EARTH-NUT.—The earth-nut is the fruit of a plant called the Cerachide or earth-nut. It is a native of Arabia, and is very well known in the East, where it goes to form part of the daily food of the inhabitants, and also an article of commerce of some importance. It was imported into Europe about the year 1800. We are most familiar with it under the name of Cacaonette or chocolate-nut, owing to its pronounced flavour of cocoa. It is especially used to falsify a large number of chocolates of very doubtful quality. They

are also known as pistacio nuts, and they form an alimentary and oleaginous fruit, for half their weight is made up of a comestible oil which is both healthy and cheap.

NUT OIL.—This is extracted from common nuts and is especially in demand in the districts of Touraine, Anjou, Poitou, and Orleans. When first made it has a greenish colour, but this it soon loses as it ages, while its odour, from being simply bearable, finishes by becoming agreeable. Half the weight of the nuts consists of oil.

HAZEL NUT OIL.—This is the product of the common hazel-nut. Its flavour is very fine, even somewhat sweet, and the nut yields about 60 per cent. of its weight of oil.

SESAMUM OIL.—This is the extract of a plant that is a native of India. The oil somewhat resembles that of olives, and is thus a stroke of luck for those dealers who are not troubled by too active a conscience. These people sell it nearly always as olive oil, and this yields them a much greater profit, considering the cheap buying price of the sesamum oil. The residue of the sesamum oil is known to the Egyptians by the name of Tabine. They add to it some honey and lemon, and then eat the mixture, as a food, which they consider to be an exquisite one.

CAPROLI OIL is extracted from the cocoanut.

BEECH NUT OIL.—This is an extraction from the fruit of the beech tree. It is excellent and keeps well.

COLZA OIL.—This is the extract of the fruit of the colza. It possesses a strong flavour of oil for burning. Nevertheless it is regarded as an alimentary oil in Champagne, but one would have to be a native of the place to swallow it.

RAPE OIL.—This is extracted from a plant of the same name. It is similar to colza, and is marked by the same qualities.

LINSEED OIL.—This is the extract obtained from the first pressure of the seeds of the flax of Bombay. It is useful for diluting the taste of colza and rape oils.

PALM OIL.—This, the extract of the fruits of various palm trees, gives rise to a very large import trade on the south-west coasts of Africa. Although of a very dirty yellow colour, the natives, and even the residents of these countries daily make use of it in their culinary preparations. In Europe it is submitted to a certain purifying process to remove its colour and strong smell.

I think I may now stop myself in this long nomenclature, for all the qualities of the exotic oils, more or less eatable, which I might still quote, would only serve the purpose of needlessly lengthening this chapter.

IN A MUSTARD-POT.

The freeborn Britisher has no taste for rings, trusts, or monopolies, but there is one class of monopoly to which no possible objection can be raised, and that is a monopoly of a manufacture which has led up to its purification and raised a health destroyer to a harmless condiment.

The history of mustard is full of real interest to the consumer. It was used in Italy at a very early date, the grains of the seed being roughly milled or pounded and mixed with or steeped in grape *must*, that being the name of grape-juice before fermentation. *Mustum ardentum* is the appellation under which this “sauce” was known, and from that it has derived its present cognomen of “must-ard.”

Mustard was first recognised in England as a condiment about the year 1720. It was known after as “Durham mustard” from the circumstances that a Mrs. Clement, of Durham, discovered a means of producing the meal and preparing a paste or stiff sauce from it. Mounted on a palfrey she hawked these wares about the country, managing by some means or other to bring them under the notice of George I., who was so delighted with the pungent flavour that he never afterwards went anywhere to dine or lunch unaccompanied by his pot of mustard.

To be “first mustard-pot bearer to the Pope” (*le premier moutardier du pape*) is a French term of contempt or derision for an empty-headed braggart, but to be mustard-pot bearer to George I. was an office of considerable distinction, conferred only upon a favourite. The title possibly died with the king, for we find no trace of the office being claimed as hereditary at the Coronation of Edward VII. when it would seem that every other conceivable office had a hereditary claimant.

Since the reign of George I. the manufacture of mustard has undergone some remarkable transformations. At one time mustard-making was largely practised, the results being sometimes of a most questionable character. Plaster of Paris, lime, sulphur, capsicum, ginger, yellow ochre, pea-flour, starch, metallic colouring, turmeric and numerous other substitutions and adulterations were introduced, but thanks to the persistent attack upon them by a well-known analyst, and the production of a very superior preparation, the use of mustard rushed up into public favour. The manufacture has, however, remained very much in the hands of a few.

Mustard, “flour” or “farina” as we know it, is the meal produced by grinding the inner grain or kernel of the mustard-seed, of which there are two kinds used, the “black” or “brown” (*sinapis nigra*) and the “white” (*sinapis alba*).

Black or brown mustard-seed is much smaller than the white variety, and contains certain principles not found in the white, just as the white also contains principles that are not found in the black. In the combination of these two principles depends the quality of the mustard, and it is to the skill with which this combination is effected that our greatest mustard manufacturers owe their popularity.

Although the terms “meals,” “flour,” and “farina,” are technically applied to starch and to mustard, the seed does not contain one atom of starch, consequently it has become the custom for some mustard-makers to add

wheat starch to mustard-meal to ensure its thickening when moistened with water. In order to conceal this addition of wheat flour turmeric is also commonly added to colour it ; but apart from these two adulterants, mustard may mostly be regarded as comparatively pure.

In France it is customary to grind the mustard-seed without first rubbing off the the husks, the meal is therefore dusted with small black specks. This sprinkled mustard is made into paste with sundry spices and vinegar, finding a little favour in this country as " *Moutarde Française* " ; but, besides this preparation are others which meet with occasional welcome. At the present time our " Mustard Monopolists " confine their manufacture to the preparation of mustard-meal. In course of time it is more probable that other preparations of mustard will find their way into the market. " Mustard pickles " are not unknown, but the amount of mustard these pickles contain is not very material to the industry.

Medicinal or medicated mustard consists of the pure black mustard-seed ground with the husks. Doctors admit none other, nor will they admit of a blending with the white ; but the calefacient effects of the blend is generally reckoned sufficiently effective for most purposes of medical treatment.

It is a remarkable fact about mustard-meal that until moistened with water its warmth and pungency are almost unappreciable. Alcohol will not generate this pungency.

White mustard-seed is sown to eat with seedling cress for small salads. It grows with astonishing rapidity, but does not form such a valuable crop when run to seed as does the black. The seed of a white mustard known as " *Charlock* " is sometimes found mixed with black mustard grain, but it does not possess in so marked a degree the pungent qualities that are found in the cultivated crop. Indian mustard or *rai* is another variety frequently imported for blending with black mustard. It is not so fine in quality nor so aromatic as the British

grown sorts, though a lot of mustard grown on the Continent is imported and reckoned to be equal to the best. Cambridgeshire, Essex, Lincolnshire, Yorkshire and other parts of England are famous for their fields of cultivated mustard.

MUSTARD.

HOW TO MIX MUSTARD. Put in a basin one or two spoonfuls of mustard, add a small quantity of water ; mix it well till it becomes a creamy paste ; if you wish to keep the mustard, put in it a few drops of salad oil, as it helps to keep it, and make it nicer ; but do not mix it with vinegar.

MUSTARD WITH ANCHOVIES. Mix your mustard as preceding recipe ; put in the mortar six spoonfuls of it, add to it six anchovies well cleaned and the salt off, pound it all together with one spoonful of salad oil. Pass this paste through a very fine cloth sieve, put in a basin and work it lightly, adding a small quantity of water to help to keep it. Put in jars or flagons and cork it well. (If you do it yourself, you gain about 60 per cent.)

MUSTARD WITH FINE HERBS. As preceding recipe ; only instead of anchovies add a small quantity of chervil, tarragon, mustard cress, and capers ; finish as preceding.

MUSTARD WITH TARRAGON. As preceding ; but instead of all the fine herbs, add only a certain quantity of tarragon ; finish the same.

MUSTARD RAVIGOTTE. As the mustard with fine herbs ; but add to it some shallots, well blanched and chopped. Pound well all together, and finish as preceding.

CINNAMON.

This is the product of the cinnamon tree (*Laurus cinnamomum*), an exotic, which is placed in the Monogynia by Linnaeus, and in the family of the Laurels by Jussien.

It grows to a height of from 20 to 30 feet ; the trunk is of medium size, like that of a good birch tree, and the stems are narrow and smooth. The leaves are large, wide, and pointed, and the veins are arranged like those in the leaves of the cherry laurel. The flowers are white, and arise at the ends of the branches. They are succeeded by little green oval fruits about the size of a pea, which contain in their centres a mucilaginous pulp of a pale green colour. This pulp, or oily sap, is capable of being solidified, and is made use of in making wax candles. All parts of this tree, when they are fresh, are pungent, and very aromatic. Camphor in pretty fair quantities is also obtained from the roots. All these points go to show that this is a precious and very productive tree:

It is a native of the Indies, China, Cuba, and Jamaica, and grows in all the islands generally of the Atlantic and Pacific.

The harvest takes place twice a year from the same tree, and, peculiarly enough, only every three years from the same branches.

The bark only of the tree is used in domestic affairs. To obtain it, the outer bark is plucked off and thrown away, while the second is pulled and kept, and allowed to dry in the sun. If the pieces of bark are thin, several of them are placed the one on the other. They roll up together in the process of drying, and thus give rise to a laminated stick such as your grocer sells you.

Good cinnamon is slender, solid, and easily broken, while its colour is yellowish, like iron rust. It has a sweet and pleasant taste and smell, which is at the same time a bit pungent. Its taste is warm and aromatic, which enables it to please so many wine-tasters, especially in prunes with red wine, or in warm claret, or, again, in a sprinkling on puddings and milk custards, etc., etc.

Distinction is made between several sorts of cinnamon, but in reality there are only two. The others are made use of by fraudulent persons to falsify the true ones, and

are of a very much more moderate price. This deceit is more especially practiced in cinnamon in the powdered form.

The real cinnamons are :—

1st. That from Ceylon.

2nd. That from China.

The former is held in the highest esteem, and it is of a pale yellow colour, very thin, and in laminated rods. Its odour is very sweet, and its flavour very pleasant.

That from China is very slightly different. It is a little deeper in colour, and slightly spotted. However, in the trade, a very inferior cinnamon is frequently sold as Chinese, and is in reality no other than the "cassia-hignea," the product of the cassia laurel. It differs from the Chinese variety in that it is thicker, somewhat wrinkled, of a more tawny colour, and sometimes has some lichen adhering to it, which gives it the blackish spots. When it has been cut from the tree its scent is feebler, and its aromatic flavour is dull and musty.

An almost white cinnamon, denominated the winter bark, is also sold. Its perfume is doubtful, and is not that of a cinnamon tree, hence it is a fraud to name it so. It is only of use in mixing with powders.

To finish this article, let me caution you to be very suspicious and careful when buying cinnamon.

THE CORIANDER (*Coriandrum*).

This is not the product of a tree, as is the case with cinnamon, but of a small plant which is not in any way exotic. By Linnæus it is classed among the *Pentandria Digynia*, and is placed by Jussien in the family of the *Umbelliferæ*. It is greatly cultivated in France, and more especially in the environs of Paris. It may be grown with equal ease in all sorts of soils prepared for it.

The stems of the plant are knotted; its flowers are rose-tinted, and arranged in an umbrella-like inflores-

cence called the umbel, consisting of several petals, which in some species are of equal size, while unequal in others. The calyx, which supports it, becomes a fruit consisting of two spherical or hemispherical seeds which form its yellowish fruit. They have a very pleasant smell and flavour when they are dry: but on the other hand, when still fresh they stink and smell bug-like.

The seed is sown in the month of March, and the plant requires no further trouble in cultivation with the exception of weeding, if weeds should develop in the soil. The next thing is the harvest, which comes off in the following August, and consists in uprooting or cutting down the plant.

It is next put in large sacks, and the latter are beaten so as to detach the seeds, which fall out very readily.

This part of the business is very easy, and should be done in the early morning. The grains are next gathered and put out to dry, and will keep good for years while waiting to be put on the market.

They are used for seasoning in culinary operations as well as in confectionery, in the latter of which excellent comfits and sugar-plums are made with them.

They are used in distilleries for the preparation of certain liqueurs, and also in the preparation of beer. In medicine they act as a stimulative tonic and carminative.

THE CLOVE (*Caryophyllus aromaticus*).

This tree is grown chiefly in the Molucca Islands. It is placed by Jussien in the family of the Myrtles, and by Linnæus amongst the Polyandria Monogynia. It is strong, tall, and large, and only bears fruit at the end of eight years, but can live for a hundred.

Its bark is like that of the olive tree, and its leaves resemble those of the laurel. The flowers, when dried, have the shape of a nail. They have an infundibuliform calyx divided into four parts, whose upper ends form the

crown or head of the nail, while the ovary forms the point. When these fall they take root and grow without any cultivation. These little nail-shaped cloves are of a brown or tan colour, are pulpy, and yield to the pressure of the finger-nail, when a yellow liquid oozes out of them which has a sharp and hot flavour. This is none other than the essential oil of the plant.

The clove in its early appearance is greenish-white, but becomes brown in the course of ripening, just as the olive does. The only thing required to make it appear as it is when we buy it or use it, is that it should be dried in the sun.

Those should be gathered which are thoroughly ripe, dry, easy to break, and resisting enough to prick the finger when squeezed. They should be brownish-red, provided with their stock, and have a warm and aromatic taste with a pleasant smell.

Those should be rejected which are thin, blackish, soft, and almost without taste and smell. Traders make use of them to mix in a powdered form with the four spices.

The heads of cloves are indifferently looked upon in the kitchen, but they are none the less good in taste at the same time that they are economical.

They are used in medicines, and the essential oil, "oil of cloves," is used as a lotion in certain cases of tooth-ache.

THE NUTMEG (*Myristica oleum*).

This aromatic nut, so well known in the kitchen, is the product of a tree which is a native of the East Indies and of the Molucca Isles. This tree belongs to the family of the Myristicaceæ, and is ranged by Linnæus in the order of the Diæcia Monadelphia. It grows to a height of from 20 to 30 feet, its wood is very pithy, and the bark is grey in colour. Its leaves are oblong in shape, and bear some resemblance to those of the peach tree, while in colour they are green above, with a ten-

dency to whiteness below. They are sessile, having no petiole or leaf-stalk, and fill the atmosphere with a penetrating scent. The blossom of this tree is of a reddish-yellow colour, and very sweet scented, and is followed by a roundish fruit about the size of a peach, which is attached to the plant by a long pedicel. The nut of this fruit has three coverings, and is what is sold as the nutmeg, of oval shape, which is so well known to us all, with its likeness to a dried-up olive. The length of this nut is, on the average, about three-quarters of an inch, while its other characters are as follow:—It is wrinkled, greyish-brown in colour, hard but brittle, and striped internally in shades of yellow and reddish-brown. It has a very pleasant aromatic taste, while its flavour is both sharp and sweet, although consisting of a bitter and very oily substance. In order to obtain from it the fixed and volatile oils it contains, it is pierced at the two ends. This oil plays a great part in pharmacy under the name of oil of mace.

A fraudulent trick is very much in vogue which consists in plugging the holes that have been pierced at the ends for the extraction of the oils, with either powdered nutmeg or curcuma, and then mixing these nutmegs with a quantity of full and good ones. In consequence of this, I would advise you, when out buying nutmegs, to choose only the heavier ones.

An analysis of a good nutmeg shows it to have the following composition:—

31.6 per cent. of butyric or fixed oil ;
6.0 per cent. of volatile oil ;
2.4 per cent. of starch ;
1.2 per cent. of gum ;
.8 per cent. of acid ;
54.0 per cent. of lignum, or wood.

You will easily gather from these figures how much a nutmeg is worth, that has been made to yield up its two first principles.

The second covering of the nutmeg is a reticulated or membranous envelope in the form of a net-work, which is, in a sort of a way, separated into several strands. The substance of these is viscous, thin, and gristly, with a very aromatic and agreeable odour, a somewhat pleasant balsamic flavour, and of a reddish-yellow colour. This is what is botanically called the aril, and in common parlance, the mace.

The nutmeg is used in cooking for flavouring, and is grated just when wanted ; but this should be done in moderate quantities, as its flavour is very penetrating.

It is also of service in medicine, but this is chiefly the case with the volatile oil of the mace, or with the fixed oil. This, whether obtained by expression or by distillation, is exceedingly useful in cases of renal or hepatic cholic, and in certain forms of nervous maladies. It is said to put an end to hiccoughs, and if lightly rubbed on the temples to aid one to fall asleep. It is also the basis of many compound balsams, so-called sovereign remedies in cases of apoplexy, and other convulsive attacks.

The nut of the nutmeg has the credit of being a fortifier of the stomach, of aiding the functions of digestion, of correcting bad breath, of stopping vomiting, of helping one to obtain relief from wind, and is also useful for inciting the menses, for increasing the warmth and flow of the blood, and to enable one to resist the effects of poisons. However, in all cases, it must be used in moderation, for it brings on drowsiness, and makes one feel heavy.

A fumigation with these nuts is spoken highly of as a cure for windy colics, and if torrefied, they are very suitable in cases of dysentry, and marshy and malaria fevers.

GINGER (*Amonum zuigiber*).

This plant, whose root alone is made use of, is classed by Linnæus among the *Monandria Monogynia*. It will

only grow well when it has a yard of earth. Its leaves are long and green, like those of a reed, and the stem is also very nearly similar, while the flower is reddish mixed with a little green.

When the root of this plant has arrived at full maturity it is exceedingly knotty, and is put to dry on hurdles, either in the sun or in an oven, after which it is kept in a dry place.

Ginger, to be good, should be freshly dried, well nourished, difficult to break, and in colour reddish-grey outside and resinous within. It should not be stringy, and should have a hot and pungent taste.

It is used in the powdered form in preference to the whole roots. The latter are preserved in syrup, also candied with sugar. Sweetmeats, syrups and ices are equally well prepared from them. They are much used in the confection of entremets and puddings, while the powdered forms serve as spice.

Ginger strengthens the stomach, and is helpful in awakening the appetite. In the Indies it passes for a carminative and an anti-scorbutic. It is much used in medicine as a stimulant, and is suitable in the cold season for aged people and those troubled with their digestion, as well as for the phlegmatic and flatulent. On the other hand, it would be hurtful to those of a warm or bilious temperament. The best time for preserving ginger is in December.

THE JUNIPER TREE (*Juniperus communis*).

The juniper is a variety of small tree, which belongs to the Dioecia Monadelphia of Linnæus, and to the family of the Coniferæ according to Jussien. Its leaves are very small, narrow, hard, pointed and spiny, and are always green.

The fruits are borne between the leaves, and in large numbers. They are green to begin with, next become red, and finally, when ripe, are black. Its fruits, which

are generally called berries, have a sweet smell, and a slightly bitter pleasant taste, even somewhat sugary, and contain a reddish succulent and aromatic pulp.

If it were not the existing fashion to have them dried, the better and more easily to preserve them, it would certainly be distinctly preferable to use them fresh: nevertheless, their action is still strong in the former condition.

Their character is both tonic and diuretic.

Alcohols, essences and liqueurs are also prepared from them, such as gin. Again, they are used in preparing fermented drinks, such as cider, etc. In the kitchen, they are used in the preparation of sour-kraut, and "grives au genièvre," etc.

In medicine, the berries of the juniper are used as a stimulant for the nervous system, the viscera, and the stomach when tired. The infusion is made by putting a handful in nearly a quart of water, and the dose is an ordinary glassful three times a day, before meals.

A decoction of the wood of the juniper tree, consisting of two ounces to a quart of water, is used for washing old ulcers, and causing them to cicatrize.

According to Dange, the infusion of juniper berries, crushed up in boiling goat's milk, is administered for several days to persons affected with gravel, and eases the kidneys without any irritation, setting free the urine charged with little calculi mixed with a large quantity of fine sand.

THE SAFFRON (*Crocus sativus*).

According to Linnæus, the saffron is a species of the *Triandria Monogynia*, and is placed by Jussien in the family of the *Iredaceæ*. It is a bulbous plant, and a perennial, from which the stigmas are carefully gathered. The latter, in commerce, pass under the name of "Oriental Saffron," are reddish-yellow in colour, and have a very distinct and pleasant aromatic smell.

Of these plants there are two varieties : the saffron, correctly so-called, and the bastard or meadow-saffron.

The leaves appear as soon as the plant has finished blooming, and last throughout the winter. In spring its leaves are fastened together so as to facilitate the growth of the roots, which will be in a fitting state for transplanting in the middle of summer.

The following are the species of saffron which blossom in spring : the species spotted with yellow and black, the yellow saffron of Holland, the earlier forms of the purple species, and the white.

All these forms blossom in England, in the months of February and March, and constitute, as Bradley says, the most beautiful floral borderings that are known. But the English only cultivate them for pleasure, from an æsthetic point of view ; whereas in France, in Holland, and in Germany, they are raised for their usefulness.

The plant springs from bulbs and runners, and is composed of several long leaves, which are narrow, thick, smooth to the touch, and fluted. From the midst of these there arises, towards the month of September, a short stalk which bears at its apex a blue flower, tinged with red and purple. In the midst of this there grows a sort of tuft divided into three strips, which are cut like a cock's comb. This is of a fine red colour, and has a very pleasant smell. When it is in full vigour it is plucked and put to dry, and this dry tuft is the saffron which is used so extensively in the preparation of various food-stuffs. It is also employed in medicine, where it is used in the form of powder ; while in pharmacy it is used in making tinctures. It also plays an important part in the preparation of laudanum, Sydenham liquid, the confection from the hyacinth, of the Garus elixir, and the colouring of many liqueurs such as chartreuse, etc.

Painting also makes great use of it, while the inhabitants of Marseilles could not possibly do without it in the preparation of their world-famous bouillabaisse. The sauces for foie gras, etc., are also coloured yellow by its aid.

In picking them, those should be chosen which are fresh, strong-smelling, and of a bright colour. Those should be preferred which stain the fingers when rubbed between them, and which are fat, bendable, and hard to crumble up ; while those that are too moist and scentless should be rejected.

CURRY.

This is the national dish of India, having found its way into this country through those persons who were associated with India and had resided there. It is to India what *couscous* is to Algeria and France.

Curry can be prepared from almost any kind of meat, poultry and fish ; chicken makes an excellent curry ; but English mutton is not so suitable as the flesh of the sheep which is the native of warmer countries.

This is probably due to the effects of climate, and applies to many things beside the preparation of curry.

There are curries and curries, but the real article can only be prepared with great care, and some say skill ; at any rate, it requires some very special knowledge, and this is not always accorded to it. In France, where curry is rising in popular estimation, it is called *kary*, *karrick*, or *kurrie*.

Curry powder is of many qualities : some few are good, but many are adulterated and impure. Cheap and nasty is the ordinary curry powder ; but there are some preparations of curry that fully entitle them to the Rajahship of the *Culinary World*.

The writer of this article has spent some years of his life in hot countries, and has met with many forms of curry, some of which he feels incumbent upon him as a connoisseur to introduce to those engaged in culinary occupations.

The first feature that is likely to interest the reader will be some observations on the preparation of curry powders from which special dishes can be obtained.

The Preparation of Curry Powder.

There are two kinds of curry powder, known as Indian and American. These differ perceptibly in aroma, though the basis of each is the same.

I.—INDIAN CURRY POWDER.

Curcuma (<i>Tena merita</i>) in powder	... 15	parts
Powdered coriander	... 60	„
White pepper	... 5	„
Allspice	... 5	„
Cinnamon, ginger and mustard (5 of each)	15	„
And a dozen bay leaves.		
	100	parts

These ingredients are to be mixed and sifted. The allspice is the *Capsicum Foritescens* of Linnaeus, it has a rough stalk and solitary peduncles, it grows to a height of three or four feet, and its fruit closely resembles a seed of thorny barberry.

II.—AMERICAN CURRY POWDER.

Powdered ravensara	... 60	parts
Powdered white pepper	... 15	„
Allspice	... 10	„
Cinnamon, ginger and mustard (5 of each)	15	„
And a dozen bay leaves.		
	100	parts

This curry is more tasty than the first. The ravensara (*agathophyllum*) has a very sweet aroma. The tree which produces it grows abundantly in the fertile and beautiful colony of Madagascar, whence it is imported into England.

The inhabitants of Madagascar, in order to remove from the ravensara nuts their sharpness without spoiling their aromatic principles, macerate them for some time

in boiling water, and then set them in chaplets to dry. This fruit is there called vodia.

Curry is much used in all warm countries, but in India, especially, meats and vegetables have curry for their seasoning.

The vegetarian restaurants of London also use curry very extensively.

Curry being a very active stimulant is eaten chiefly in summer in our countries. According to these recipes, curry can be made at home at very little cost ; the ingredients can be obtained at all the large druggists in France and England.

But, considering the small quantity required to do it, it is advisable to buy it ready prepared, being careful to select that of a good brand.

Curry of Chicken “à l'Indienne.”

Have a tender and nice chicken, cut it as for a sauté, the two fillets, the breast and the legs cut in halves ; blanch and chop a small onion, put in a plate one spoonful of flour (very dry), and two of curry powder, and prepare a garnish bouquet. Put some butter (the size of a hazel nut) in a sauté pan, add to it half a spoonful of salad oil, heat it, and put in the chicken. Brown it slowly over a moderate fire, when done put in the onion and the garnish bouquet, toss it altogether for a few minutes, then sprinkle over it the flour and curry powder, mix it all well together and moisten with a quart of stock, just enough to cover the chicken. Mix it well off the fire. Let it boil, skim it, season to taste, the sauce must be slightly thick, cook it over a moderate fire. When done, dish up the chicken and pass the sauce through a tamis cloth, pour the sauce over the chicken, and serve very hot with a dish of rice cooked “à l'Indienne.”

Thus have good rice, either Carolina or Patna, boil a quart of water in a saucepan, put in half a pound of

rice and salt, boil it for 15 minutes, strain it and wash it well in two or three luke-warm waters, put in the rice, and cover it with a wet dish-cloth and the lid ; keep it hot. The rice must be nice and tender, and dry. Dish it up when wanted in dome shape.

Remarks.

The curry sauce used to put over the rice must not be too thick, just thick enough to stick to the spoon.

The reason for washing the rice is to take off all its loose starch ; steaming the rice is done to take off the moisture, and make it dry. As the rice wants a lot of sauce, you must have enough of it prepared for your purpose.

Many cooks add apple to the curry ; I do not see the use of it ; Indians never use it, and they are past masters in the art of making curry.

It is fitting here to say that too many ingredients spoil the sauce. Some chefs, in restaurants and hotels, moisten their sauce with reduced gravy, espagnole sauce, or "demi-glace." This gives to it an unpleasant flavour, and a black muddy look ; its colour should be a good yellow ; do not finish the sauce with cream, as it alters the flavour.

Mutton or Lamb Curry.

Choose the neck and shoulder, but take off the bone and fat, cut the flesh into small even square pieces, and proceed as above.

Beef Curry.

Take for it the lean part of beef, under the brisket, etc. Cut it into square pieces, and proceed as for the above recipe. For the beef and mutton curry, a tiny piece of garlic will improve the flavour.

CATERING FOR AN INDIAN PRINCE.

The selection of quarters for the King's distinguished guests from his Indian Empire has been comparatively easy, but when, as in the case of the Maharajah of Jaipur, a staff of servants numbering about 130 had also to be provided for, the magnitude of the responsibility is evident. This being the first visit of the Maharajah to England, and since he must adhere strictly to every rule imposed by his rank and religion, special provision had to be made. To him the King assigned the spacious capacities of Moray Lodge, Campden Hill. There his Highness was surrounded with every accustomed luxury of his own land. His Court, says the *Daily Telegraph*, retained its Indian splendour, and his attendants altered neither their lives, food, nor habits while they remained here. The restrictions of caste affect the tenor of their lives to an extent scarcely to be realised by the Western mind. Rules affect not only food, but its preparation, and the persons with whom it may be eaten.

The chief of the Maharajah's staff, Dhampat Rai, was engaged with Mr. Percy Armytage, who was entrusted with all the arrangements affecting our Indian visitors, in the transformation of Moray House for some weeks previous to the arrival of the Maharajah. These arrangements necessitated the erection of native cooking stoves, primitive concerns simply composed of bricks. On these, over wood and charcoal fires, the native cook concocts his mysterious dishes of seasoned rice. The recipes, even for a princely table, are as simple as they are varied. Only the Anglo-Indian knows to what an extent fruit and sweatmeats are consumed in India. Here it is imagined rice and curry are the staple foods, but the resources of an Indian cook, even supposing he were restricted to rice and curry, appear to be limitless. Lemon-grass, bay-leaves, poppy-rice, mace, nutmeg, cloves, cardamoms, cinnamon, onion-seed, pepper-corns,

cumin seed, coriander seed, dry chilies, green ginger, garlic, curry onions, and tumeric, are but a few of the curry condiments in everyday use. The possibilities and the mysteries of their application render varieties in the Indian menu undreamt of in our matter-of-fact cookery.

Among the many cooking implements that formed part of the baggage of the Maharajah of Jaipur, the curry stone and muller, or, as the natives call it, "seal our lurriah," is not the least important. It is essential to every Indian kitchen ; indispensable in the manipulation not only of the curries, but of chutneys and spices. The majority of the utensils are of beaten brass, earthenware, or copper, well-tinned. Their strange shape seldom suggests their use, and it is very rarely that a stranger's curiosity would be gratified in that direction, because it is held that food upon which the shadow of a stranger of low caste, or no caste, falls, in the course of preparation, is rendered unfit for use. A custom that prevails in the household of the Maharajah of Jaipur is the presentation on a tray, or chiapatti, in the morning of all available foods by the head cook. From this selection the chief determines the day's menu, the cook being relieved of all responsibility save of the actual preparation. It would have been possible to procure most of the ingredients necessary for this small Indian colony in London, but large stores of flour, ghee, and national seeds were included in the huge quantities of baggage landed with the Maharajah. The flour had all been ground in the most primitive manner by hand, and formed an ingredient of almost every dish, particularly the sweetmeats, as did also the ghee, which is really burnt butter. Pillaus, purely Hindustani dishes, and ketcheeres, are the chief dishes in Indian menus. A great favourite is bhoonee ketcheeree, the several ingredients of which are cheeneesucker (a kind of rice), dal, ghee, curry, onions, and seasonings of green ginger, pepper-corns, salt, cloves, cardamoms, bay-leaves, and cinnamon.

Such a ketcheeree would be served with fish. There is no limit to the possibilities of the pillau. It may be composed of chicken, bagda prawns, or fish. A well-known Indian recipe consists of bagda prawns, cooked in the milk of the cocoanut. The preparation is intricate, and apparently only properly understood by the native cook.

The Mahomedan religion forbids alcoholic liquor, and this accounts for the extraordinary variety of Indian lime-drinks. Limes find greater favour than lemons, and were ordered in great quantities for the establishment at Campden Hill.

MARJORAM (*Origanum Majorana*).

This is a small plant whose leaves are rounded, soft and whitish, with a strong smell and a sharp flavour. There are two species of it, which are distinguished from one another, viz., the scented, and the lemon-flavoured. The marjoram belongs to the family of the Labiatæ, and is aromatic and stimulating. Its use in culinary matters is of the same kind as that of the basil, and consists in the completion of the herbs for turtle soup, etc.

ROSEMARY (*Rosmarinus*).

The rosemary is a shrub which is classed among the Labiatæ by Jussien, and amongst the Decandria Monogynia by Linnæus. Its leaves are long and narrow, with a green upper, and a whitish lower surface. It has a strong smell, and a bitter taste. It is one of the four herbs that are used in cooking turtle, as it serves to scent the turtle-soup and certain sauces. It is a stimulant of some power, like the mint and the balm. Spirits of rosemary, so extolled by the ancients as an antidote to gout, is obtained by distilling it with alcohol.

Rosemary honey, which is prepared from the flowering heads of this plant, is occasionally used for bathing in

cases of hysteria and for flatulence. An infusion of half an ounce to a quart of water is used in cases of asthma, chronic catarrh, and nervous vomiting. Rocques recommends this infusion for cases of stomach sickness and want of appetite in nervous persons. Forestas orders decoctions of this plant as a strengthening bath for weak children.

THE BASIL. (*Basilicum*).

The basil is a variety of plant which finds its place in the family of the Labiatæ, and is classified with the *Didynamia Gymnospermæ*.

Each flower is a tube divided at the top into two lips, of which the upper is rounded, raised and edentated, and larger than the lower, which is curled and sloping. The base of the pistil, which is attached like a nail to the posterior part of the flower, is surrounded by four embryos, which will become in the course of time just that number of seeds. Their shape and appearance will be oblong, slender, and brown, and they will be enclosed in a capsule, which has served as a calyx for the flower. This capsule divides into two valves, of which the upper is raised and hollowed out, while the lower is toothed.

The basil has a sweet and very aromatic scent, and its chief use is in the preparation of herbs for the seasoning of turtle soup, and for certain sauces.

The better kind of basil is that which comes from Ceylon.

An infusion, like tea, prepared from basil, is both stimulating and anti-spasmodic.

THE SAGE (*Salvia verbenaca*).

This plant, of which there are two species, is ranged by Linnæus among the *Diandria Trigynia*, and is placed in the family of the Labiatæ by Jussien. Of the two species, the first has woody and hairy stems, and its leaves are oblong, thick, rugose, whitish, and rather longer than a

finger's length. The second species has leaves which are smaller, thicker, and whiter ; they are almost dry, and are much more in demand.

Its chief use in cookery is to mix with forcemeats in the preparation of stuffing for ducks, geese, and such other dishes, while it is also used, though only to a slight extent, in the preparation of certain gravies.

It has distinct tonic and stimulative properties, and is hence used medicinally in the form of an infusion, while an essential oil is also extracted from it.

The infusion of sage, prepared in the proportion of two ounces to a quart of water, and taken internally, has practically the same qualities as that prepared from mint.

Thus, it will increase the natural heat of the stomach, and render digestion more easy, while it also increases the rapidity of the circulation and, in a word, increases the vital energy of the organs of the whole body.

It used to be taken in the same manner as tea after meals, and in this form it possesses the property of aiding the digestive organs, and invigorating the action of the stomach.

An infusion of four ounces to a quart of water, when applied externally, is able to heal many diseases of the skin, such as blotches, eczema, pimples, scurf, ringworm, itch, eruptions, etc.

The Chinese and Japanese have a liking for an infusion of sage in white wine, the former giving the latter an excellent flavour of muscatel, and making it more intoxicating. I guarantee that many English people, and Europeans in general, will follow their example, with ease and even with pleasure. This will act as a remedy against the drinking of so much bad arsenicated and chemically-faked beer, which is so harmful to our internal anatomy.

According to Cazin, an infusion of sage leaves has always been successful as a preventative of perspiration by night, and he says that he has used it with success in

stopping diarrhoea in children who are fed at the breast.

Trosseau and Pidoux, both learned doctors, assert having seen, on several occasions, ulcers on the limbs close up and become covered by a new skin, through the application of poultices impregnated with an infusion of sage leaves, cooked with white wine and honey.

The other variety is the wild one, called the Clary (*Salvia pratensis*), which finds no place in culinary matters, and hardly any in medicine, owing to its being very much weaker.

THE BAY TREE.

This is a little tree or shrub, of which there are different genera, which are sub-divided into several species or varieties, amongst which we may mention: the true or edible bay, the cherry laurel, the rose laurel, and the wild laurel. It is employed in the kitchen for flavouring sauces and gravies, as well as in the pickling of some kinds of meat. At the same time, I may say that its use should not be abused, for it is very heating, and its predominant taste is very sharp.

THE THYME (*Thymus vulgaris*).

This plant takes its place amongst the Labitæ, and is classed by Linnæus amongst the Didynamia Gymnospermæ. It grows in the form of a little shrub, with blackish-green leaves, with a very strong scent. The leaves alone serve any purpose in matters of domestic economy. In cookery, their chief end is the flavouring of gravies and sauces, and to serve as dressings, etc.

For medical purposes, an infusion of them is prepared which is composed of half an ounce to about a quart of water. This is drunk from time to time for several days, and serves as a useful remedy for pains in the head, headache, and indigestion, while it also restores men-

struction in those cases where it has stopped owing to the weakness of the sufferer. It is also excellent for the swelling to put some to burn in a brazier, or warming-pan, to warm the bed of a patient, while it makes much smoke ; and to continue this twice a day till the cure is complete.

THE TARRAGON.

This is an aromatic perennial herb, classed amongst the *Compositæ*, whose natural home is Siberia, and the vicinity of the Caspian Sea. The leaves and young shoots are extensively used in the kitchen, for seasoning salads made from lettuce and cos-lettuce. They are serviceable also in the preparation of gravies and sauces for fowl and noisettes d'agneau, but particularly for fowls, etc., à l'estragon. It is also a basis of Béarnaise sauce. In addition, it is used for flavouring vinegar, or an essence is distilled from it which is added to the vinegar in the following proportion : either a drop in a full bottle, or a glassful in a large barrel. The latter method is the more expeditious, if not the better. I mention this, because every one should be perfectly sure of the essence employed ; chemistry has a remedy for everything at a cheap rate.

The plant shoots out a large number of round stems, covered with branches, which are smothered with leaves. The latter are single or complete, long and shiny, and bear a close likeness to those of the hyssop, but are rather more pointed at the tip. The tarragon has a sharp taste, accompanied by an agreeable sweetness, and a characteristic flavour. The better plants are those that are cultivated in the gardens of rich and marshy soils.

THE SPRING ONION AND THE CHIVE.

These plants are bulbous pot-herbs, and belong to the same family as the onion. Three varieties of them are known, namely, the common, the St. James, and the

perennial, the two first being annuals. The tuft of leaves that arises from the bulb is very like that of the onion, but, as might be expected, is somewhat smaller. Of the species named above, the first and third are strikingly alike, but the second differs from the others in the character of its leaves. These are shorter, stouter in the middle, and are more curved over to the ground, while the flavour in this species is also stronger. These plants are made use of in the kitchen principally for flavouring salads. To this end they are cut up thin, and the pieces are scattered over the salad before the seasoning is added. They are also very nice when eaten with white or cream cheese.

THE ONION (*Allium cepa* de la Famille de Liliaceæ).

The onion belongs to a species of garlic which includes about 166 varieties. With the green onion, the eschalot and the chive, it forms a part of the section with hollow cylindrical leaves.

The origin of the onion is unknown, but we do know that the ancients made use of them in their culinary preparations, and that they brought it into a number of their forms of alimentation.

In Egypt, it constituted, along with bread, almost the entire food of the working classes. At the time when the Hebrews were reduced to a state of captivity, they were almost exclusively nourished on onions. It is also stated that when they found themselves in the desert, and when all their meals consisted of manna, they regretted more than once the loss of onions. The expression "To miss the onions of Egypt," has reference to this state of affairs among the Hebrews.

If we are to believe what Socrates says about them, onions give strength and courage. Moreover the armies of Rome itself were fed to a large extent with this vege-

table, and so the ordinary of troopers of this period ought not to be a heavy burden in the Budget.

Besides, the onion is, so to speak, an absolute necessity in the kitchen ; and this is so much the case that in certain houses where the chefs are forbidden to make use of onions, this prohibition has been without effect, for the masters did not find the cooking good if onions did not enter into it.

The onion grows best in warm and temperate climates, though it will also grow in cold countries ; moist climates and lands are unfavourable to it.

The onions of the South are sweeter and finer than those of the North, but they are more difficult to keep in good condition. It is in the district of the Tarn that most onions are grown, and they have, what is more, the reputation of being the best. When mention is made in the South of the onions of Saint-Lescure, one's mouth fairly waters. However, the white onions of Spain are very much in demand, especially in the countries of the North, which are the ones that import them.

We have said that the onion was, as it were, a necessity in the kitchen. As a matter of fact, whether it be in soups, or in sauces, to be taken with meat in salads, or preserved, or as a colouring agent, it has its definite use, and the more so that it is a healthy vegetable, and when cooked, one that is easily digested.

Eaten raw in small quantities, it stimulates the appetite, and would be an excellent aperient if it were not that the repulsive odour it gives to the breath forbids its use in this fashion.

However, dyspeptics would do well to abstain from onions, either in stuffing or in soup (Soubise Soup) for in these forms it is very indigestible.

Chemical analysis reveals that the onion is composed of a white sulphurous oil, volatile and sharp, which gives it its well-known odour, of an uncrystallisable sugar, a mucilage of the style of gum-arabic, a vege-to-animal substance akin to gluten, some phosphoric acid, in part free

and in part combined with lime, some lime, some acetic acid, a small quantity of calcium nitrate, and some fibrous matter or other.

Cooking has this peculiar effect in the onion, that it removes its volatile essence, withdraws from it its contained sugar, which renders it as sweet when it has been cooked, as it was sharp in the raw state.

We shall not here enter into a discussion on the therapeutic properties of the onion, for this would be to exceed our calling ; all the same, the medicinal use of the onion has fallen into disuse, and the doctors only consider its use as a good wife's remedy.

THE SHALLOT or ESCHALOT (*Ascalonia*).

This plant is a species of garlic, but is distinctly smaller, its size being between that of an onion and of a garlic. Its root is a bulb of an oblong shape, while its taste and smell are rather more piercing than those of an onion, owing to the presence in it of essential volatile salts. In cookery, its main use consists in the preparation of certain sauces, such as the Bernaise, the Hollandaise, the Italienne, etc. It should always be well washed before being made use of, so as to prevent its blackening on exposure to the air, and so becoming very indigestible and sharp in taste. The small shallot is red and a trifle hard, but it is less sharp and much better.

THE GARLIC (*Allium sativum*).

A native of Italy, Sicily, and the south of France, where the inhabitants are very greedy of it, and use it in nearly every dish. Belongs to the class Hexandria, order Monogynia, in the Linnæan arrangement, and to the natural family Liliaceæ.

The root, which is bulbous, is not single, but consists of a number of fleshy oblong bulbs, of a very sharp flavour. The separate bulbs are kept apart

by special skins which enclose them. Its uses in the kitchen are fairly numerous, it being largely employed for increasing the taste and flavour of stews, and of certain sauces; while it may with advantage be put, in small quantities, in soups and broths. It is also very helpful in seasoning certain salads, and notably those prepared from succory or endives. It comes in useful in the cooking of a leg, or other joint, of mutton, and if a few particles of it be stuck into the joint, they have the property of disguising the pronounced woolly taste, and thus improve it considerably. As the garlic has an exceedingly strong taste, owing to its containing a special volatile principle of acrid taste, care should be exercised to avoid the use of it to an excessive degree, and not to eat it at all when going into society, as it has a very strong and disagreeable odour, which it communicates to the breath, the latter remaining thus tainted for a considerable length of time.

If it be bleached with boiling water, it loses, in part, both its unpleasant odour and its sharpness, but, unfortunately, also some of its characters which render it useful for culinary purposes.

This plant has the reputation of having the following properties:—It is a vermifuge, a febrifuge, a stimulant and excitant.

According to certain savants, such as Bergius, the garlic is recommended as a febrifuge, the treatment consisting of one bulb in the morning, and one at night, for a period of five days. Forestas holds the opinion that the garlic helps to get rid of the water in persons suffering from dropsy, and, cooked in milk, it will cure stone; but, on the other hand, it affects the milk of those who are nursing babies, and causes the latter to suffer from colic. It is equally unsuitable for any who suffer from diseases of the skin, such as eruptions, eczema, scurvy, sores, etc., for it has a tendency to increase urination and perspiration. Up to the present time the garlic can hardly be said to have enjoyed popularity throughout the

world, and I have some grounds for believing that, in spite of its pretended anti-putrid qualities, it will take a considerable time to add to its reputation.

THE LEEK (*Allium porrum*).

This is an edible root, which is classed by Jussien amongst the Liliaceæ. As a foodstuff it is very refreshing, healthy, and digestible, though but slightly nourishing. As an edible vegetable it is much too much neglected.

There are two varieties of leek, the long and the short, which only differ from each other in this matter of length, though the former is the more productive and the more cultivated ; the latter, on the other hand, better resists the effects of frost, and has this advantage, that it is not so liable to the attacks of insects.

In matters culinary, its chief use is in the preparation of soups and broths, either thick or clear, as also with milk. It is really served up as a vegetable, but this is a mistake which is perpetrated by families of modest means and the working classes on the Continent.

When the leeks have grown to full maturity, and are very large and white, the green ends are cut off, and the white bulbs are cooked in soups, or simply in salted water. They are then eaten, either with white sauce, or with vinegar sauce, and this dish goes by the name of the "shoemaker's" or "poor man's asparagus," but in England is quite unknown by the working class.

In matters medical, the water in which the leeks have been cooked is made use of in maladies of the bladder, in cases of calculus, gravel, retention of the urine, etc. The mode of procedure is as follows :—Into about a quart of water place a handful of minced white of leeks, a small piece of butter, and a pinch of salt, and cook the whole for about half an hour. Drink a large basin of this, as you would soup, every morning before breakfast, and if possible eat the leeks. However, the fol-

lowing method is preferable in cases of this sort :—Eat as much thin soup with leeks in it as you can, this being so nice when well made.

Compresses are also prepared from them for the cure of abscesses, tumours, etc., according to the following method :—Cook the white of a leek, either under the cinders, or in the oven, then crush it and mix with it a small piece of pork-fat. Now place the mixture, in the form of a poultice, over the spot, taking care to renew the operation every six hours until suppuration is complete. The cure will then be sure.

Mint (*Mentha*).

This plant belongs to the order of the *Lidynamia Gymnospermæ* of Linnæus, and is ranked by Jussien in the family of the *Labiatæ*.

It is only in England that it is put to much practical use in culinary operations, where a sauce is prepared from it which is considered as absolutely essential with roast lamb. A few leaves of it are also placed with peas in the saucepan, and the like is often done with new potatoes.

Distillers prepare from it a liqueur which passes under the name of peppermint. On the Continent it is hardly put to any other use than for the preparation of liqueurs, such as *Menthe verte* (green mint), *Menthe glaciale*, or *Menthe poivrée*.

These are excellent drinks, which should be taken either with a little pure water, or with soda-water. In medical preparations it takes a very important place, and is much employed in cases of bad digestion and catarrh of the mucous membranes. It should be taken in the form of an infusion of half an ounce to a quart of water, both flowers and leaves serving well. This infusion is found to aid both digestion and expectoration. It has also been administered with success as a preventative of palpitations, shuddering, and nervous

vomiting. According to reports of Dr. Peyronnet, mint is also an excellent vermifuge and a strong excitant towards sensual pleasures. Persons of an indolent disposition will find in it that necessary internal warmth of which they are in want, and for this very reason it is also recommended in cases of painful or difficult menses, which are accompanied by shivering, yawning, and spasms, and especially in the case of racking colic of the womb. It causes the menses to flow in a steady and easy way. We would also advise many women to replace their wretched and hurtful gin, which besots and degrades them, by a warming infusion of mint, or, for want of it, by taking peppermint, or Rickles's spirits of mint, which has such a world-wide reputation.

Several varieties of mint are distinguished from one another, of which I may call attention to the following as being the more important:—English mint, wild mint, crowned mint or pennyroyal, crisped mint, Roman mint, green mint, and peppermint called the *beaume des jardins*, which is at the same time the most vigorous and the most useful. It is also the one that is most cultivated of all, and has straight stems, deep green, thin and smooth leaves, and purple flowers arranged on a spike, with a scent and flavour which combine those of pepper and mint.

The pennyroyal is very common, and is low-growing. Its leaves are small and greenish-brown, while from the leaf-axils arise other little leaf-bearing branches. Its flowers are of a beautiful bluish colour, and are arranged in groups round the stems. They are used for forming a border round gardens.

The crisped or frizzled mint has the tallest stalks and the greenest leaves of all, while the latter are also larger, rounded, toothed, and frizzled all over. However, this plant is less highly scented, and is not put to many uses.

The wild mint grows a foot high, and has dried stems. Its leaves are almost round, are thick, and are pithy

and whitish. Its scent and flavour are strong and pleasant, and this is more especially the case when the leaves have been minced.

The English mint is characterised by slightly longer stems than the last, but they are not so dry and are greener, while the leaves are arranged in groups, beginning at the very foot of the plant. The leaves of this plant are both longer and thicker, and are easily cleaned, hence it is that they are used for making mint sauce, when minced up with Demerara sugar, which keeps them green.

The taste and the smell of this plant are both pleasant, but more especially so when young.

PARSLEY (*Apium petroselinum*).

This plant is placed in the *Pentandria Digynia* of Linnæus, and in the family of the *Umbelliferæ* of Jussien. There are five species of parsley, viz., common parsley, large-leaved parsley, large-rooted parsley, Macedonian parsley, and curly striped parsley. There are in addition the marsh parsley and the wild, which are not fit for dietary purposes. In addition, there is the hemlock, an exceedingly poisonous plant, which grows like parsley and generally in its neighbourhood, from which it must be carefully distinguished.

(1.) Common parsley shoots out stalks which grow to a height of three or four feet, is about as thick as one's thumb, round and fluted, and hollow and branched. Its leaves, which arise from the roots, are made up of other very much dissected leaves, attached to long stalks. The flowers are borne in an umbrella-shaped inflorescence, at the tips of the stems and branches. They are pentapetalous, and the petals are of the same size, while the inflorescence is round, and pale rose in colour.

Each flower is succeeded by a fruit, composed of two small seeds, which are rounded and fluted on the back. Its root is white and single, about as thick as a finger,

and good to eat. It is used in the kitchen in preference to the leaves for the preparation of gravies, soups, and broths. Parsley plays a great *rôle* in culinary operations, a little being placed in nearly everything, and often without any reason. The form in which it is most often used is minced and sprinkled over the food or in the sauce to complete it or give it a finishing touch, and this occasionally whether right or wrong. It is also used in little sprigs or bunches for placing round cold joints, the object of this being to brighten the latter up. It is also put into many sauces, but care should be taken, in the latter case, always to use only fresh green parsley, and to bleach it to begin with. This latter process consists in pressing it, after it has been minced, in a piece of linen, so as to extract all its green juice, which besides preventing it from separating, aids its decomposition, by giving it a stagnant odour.

(2.) The large-leaved parsley only differs from the preceding in the fact that its leaves are larger. It possesses all the virtues and qualities of the former, but is rarely cultivated, owing to its not being profitable. The reason for this is, that it becomes abortive after shedding its first leaves, whereas in the case of the common parsley the leaves are plucked when wanted without the plants suffering any harm, but simply shooting out again.

(3.) The large-rooted parsley only differs in like manner from the common in the rib of its leaves and in the matter of its root, which being rather shorter, is thrice the thickness, and similarly in the case of its seeds. There are two varieties of this parsley, the one being pale green, while the other is dark. It is thought very highly of in Germany, where it is the root in particular that is so sought for, as it is considered to give a perfect taste to broths, and to form a very fine dressing for stews. They prefer to cultivate the deep green one, because it offers more resistance to frost.

(4.) The Macedonian parsley is somewhat like common parsley, but its leaves are fuller, and more sub-divided

Its seed is much smaller, more oblong, pointed, and more aromatic. It grows in Macedonia, whence it derives its name. Its culture is like that of the chervil. It is, however, noticeable that its seed is not so long in rising. This parsley is used by preference in preparing salads in winter, it being an autumn plant, with a most pleasing taste.

(5.) The curly striped parsley is like common parsley, in all features except that indicated by its name. The striped parsley only differs from the common in the fact that its leaves are marbled with white veins, which have a tendency to yellowness. It is excellent, and very delicate, but little productive, which explains why it is only slightly cultivated.

In conclusion, I may say that the root of parsley is also made use of in medicine as a diuretic, and that, when dried, it is made into decoctions, where the dose is one ounce to a pint of water.

THE CHERVIL (*Caliorphylum scandæ cerefolium*).

This plant is classed in the *Pentandria Dignia* of Linnæus, and in the family of the *Umbelliferæ* of Jussien, just as is the parsley to which it is, as it were, a cousin. There are two varieties of the plant, viz., the common chervil, and the perfumed. The former has to be grown from seed each year, and is an annual, but the latter remains alive through the winter, being a perennial. The root of the common chervil is single, white, fibrous, and somewhat sharp; the stem is cylindrical, fluted, and hollow, and is knotted from joint to joint, as well as being much branched. The leaves are short and narrow, and have a somewhat pronounced aromatic odour and taste.

When it has grown to excess, there appear, at the summits of the stems and branches, bunches of minute little flowers, which are arranged in an umbrella-like infor-

escence. These are pale rose in colour, have five white petals which differ in size, and five little stamens of the same colour as the petals. The calyx becomes a fruit, consisting of two seeds, which are long, slightly convex, smooth and black, and possessing, like the other parts of the plant, an aromatic flavour.

The chervil is made much use of in the kitchen, and forms an almost indispensable constituent of green salads. It is fresh and delicious when placed in little bunches in soups and broths, and can advantageously be used to replace parsley in many dishes and sauces; I use it in preference to parsley, on account of its more delicate flavour.

The perfumed chervil, owing to its possessing too pronounced a flavour of aniseed, can hardly be made use of in the kitchen. Its leaves are larger and hairy, although similar in shape, but are of a deeper green; while they closely resemble those of the hemlock, a violent poison, which in ancient times was held in high esteem as a means for sending people to a better world.

Therefore, when you go the garden to gather chervil, take care not to pull hemlock in its place. The latter can be recognised by the little red spots on the lower part of the stem, and by the green colour, which is deeper than that of the chervil.

The chervil possesses many virtues which are much appreciated in medicine. Its juice is used as an aperient, and as a diuretic—three ounces of chervil juice, mixed with an equal quantity of veal broth, being a sovereign remedy for jaundice and paleness.

Another very healthy prescription is the following:—Each evening, when retiring to bed, take a glass of warm milk, in which a small bunch of chervil, coarsely minced, has been allowed to boil. A simpler way is to squeeze out the juice into boiling milk. This treatment, when continued for a few days, has cured colds of long standing.

Taken as a fumigator, the vapour of boiling milk mixed

with the juice of chervil, soothes and is able to heal external haemorrhoids after a few repetitions of the process ; while, if the infusion can be injected by means of a syringe, the cure is practically certain. The grounds dissolve coagulated blood, and hence it is also used on contusions and cuts. It is also useful in stopping the flow of blood.

The dried leaves, smoked as a sort of tobacco, soothe the sufferings of asthmatic patients.

If the infusion, which should be some hours in preparing, be drunk, either cold in the summer, or tepid in winter, it stimulates urination, and aids digestion ; while it is also an excellent preventative for dropsy, when mixed with a little purified nitre, and sweetened with syrup.

The dose should be small, and taken every four hours, till suffering is soothed.

The perfumed chervil is used in preference in medicinal preparations.

WATER-CRESS (*Sisymbrium nas-turtium aquaticum*).

There are, indeed, many kinds of cress, but when considered as articles of diet, there are but two varieties of them, the cress of the springs, or the ordinary cress, and the mustard cress.

The cress belongs to the Silicious Tetradynamia of Linnæus, and to the family of the Cruciferæ of Jussien. The water-cress of the springs naturally grows everywhere where there are streams of clear running water. It sends forth many short and spreading stalks, which float on the surface of the water and are nourished by it. Its roots are white and very loose and slender, while its stems reach to about a foot in length, are curved, somewhat large, hollow, and branched, and in colour green, with a tendency to redness. The leaves, which are nearly round, are green and scented, and are arranged with several on a stalk which is terminated by an unpaired leaf.

Its odour is strong, its taste sharp and pungent, and it is very aqueous: the property for which it is justly renowned is, *par excellence*, that of being depuratory.

Every one knows that from the days of Cato up to our own times, popular opinion has perpetually celebrated its medical virtues in calling it “the health of the body.”

At Paris the sellers of it may still be heard calling out “Bodily health at a halfpenny a bunch, a halfpenny a bunch,” and so on, which is enough to show in what high esteem it is held by the people. In addition, cress can always be seen as an accompaniment of fillet of beef, ribs, cutlets, and such other dishes, which are surrounded, as it were, with a garden of green. Again, the finest pullets, the queen chicken, and even the proud turkey, are similarly served. In fact, a bedding of it is used in the same way for many a cold dish. In spite of the above-mentioned universal renown of cress, it yet has its detractors. Have there not lately been certain gentlemen of the medical profession who see nothing but microbes and poison everywhere, and in everything? Their sole dream, nowadays, is to make us swallow our dinner in capsules and tabloids, which would certainly be very expeditious (time is money). These persons have ventured so far as to declare that cress is our worst enemy; that it has given over its old reputation, and that, far from being bodily healthy, it only serves to poison the body. The Americans have already accused it of provoking cancer, without saying how it does so, and in their whim for prohibition had utterly proscribed it, preferring to eat their porterhouse steak by itself.

In all countries these Yankee affirmations were greeted with a smile, and cress has still preserved its reputation.

But note this, that at the present day it is from the Old World that these attacks arise. Evidently there must be something to account for it, and everyone is concerned.

Well ! according to the most recent researches, this is where the mischief lies :—It is not the cress of fresh and running water streams, the spring cress, that is blamed, but rather that cress which is cultivated in cress-beds which are strengthened with manures and other matters that becomes spoilt by these substances, which are dangerous and contaminate the cress. For it must be admitted that with the growing consumption of cress, and the failure of the natural cress to meet the demand, there arose the need for obtaining marshes for its production, and hence arose the practice of cress-beds.

In these were used, for enriching purposes, manures and the contaminated waters of the sewers of Paris, which spread out over the marshy lands in the vicinity of Paris, results of progress, more particularly in drainage, which are so highly extolled by the Parisian ediles. Under such conditions, cress should not be the only thing to be found fault with, but nearly all vegetables, and more especially all those that are eaten raw, such as salad greens which are cultivated in the same forced fashion on the marshes. Now, as it happens that these plants only absorb from the soil, by the aid of their roots, such substances as are useful to them, and as the manure is not deposited on the leaves, the part we eat, but on the soil and thus free from mischief, all danger can easily be avoided. All that is necessary is to exercise a little care at the commencement, not to eat any of the roots or of the larger stems of the cress, and in using it for salads to take only the leaves of the cress and the heart of the lettuce, and further, to wash both the one and the other most carefully. As for the rest, there is one precaution that should always be observed, and which I have never neglected, viz., to remove all spots of earth which are overcharged with chemical or natural manure. To imagine that washing the heart of a lettuce or cress is to spoil it, is a great mistake. Let us consider health before old women's fables.

GARDEN CRESS or MUSTARD CRESS.

This is of the same class as the last. It has a very small leaf, which is very much subdivided like that of the parsley. It is of a light green colour, and has a pungent and pleasant taste. There are two sorts, to wit, the large and the small, the former being about twice the size of the latter. They are sold in little round baskets. In making use of them, they should be removed in one solid mass from the basket, and with one clean cut of the knife the white and slender stalks should be cut away. Next the leaves with the small remaining piece of the stalk should be well washed in several changes of water, so as to remove all dirt and also the little blackish flat grains which are so numerous in it. Drain it, and use it for dressing savouries, sandwiches, hors-d'œuvres, etc. Its use should be more extolled in the kitchen than is actually the case.

CELERY (*Apium sativum*).

The celery is a plant which is placed by Jussien in the family of the Umbelliferæ, and is a healthy and pleasant food with aperient and diuretic properties, while its seeds are excitant and carminative.

From the agriculturist's point of view, there are seven varieties:—The celery of the small species, the long, the short, the thick, the furcate, the large-rooted, and the mountain smallage.

1st. The celery of the small species has a large root, is fleshy and white, and is provided with many fibres. It delves deeply into the soil, and grows with numerous shoots.

2nd. The long celery forms but a single stem, which grows to a height of three feet. Its leaves are brighter than those of the first.

3rd. The short celery forms a shoot which is thicker and more plentifully provided with leaves, while the

latter themselves are thicker, shorter, and greener than in other varieties.

4th. The furcate celery, as its name signifies, is of shorter stature than the preceding varieties, and being divided into several heads, consequently has several stems. At the same time it is thinner.

5th. The large-rooted celery, as is indicated by its name, is characterised by large roots.

6th. The thick, and the large rooted, are the largest forms of all.

7th. The mountain smallage is the only species which is perennial. Its root is forked and ligneous, being white within and blackish outside, and its root is deeply sunk in the ground. Its stem, which is reddish-green in colour, rises to a considerable height.

The most edible form is the long celery, which is in great demand owing to its flavour.

In matters culinary, celery is used for flavouring consommés and soups. From it are also made excellent stews, purées, and creams. It is much used as a form of winter vegetable, either boiled or baked, either white or browned. It serves equally well as a dressing, either baked or as a purée, while highly appreciated sauces are also prepared from it, and served up, generally, with the larger forms of boiled poultry.

In medicine it is used for curing chilblains, chaps, rheumatism, etc., the following being the method. A head of celery is boiled in three quarts of water, and the parts affected are washed night and morning in the water in which the celery was cooked. If this be carried out for a week, the cure is certain.

THE TURNIP (*Brassica napus*).

The turnip is a plant belonging to the order of the Cruciferae, whose root is very large, white, fleshy, soft, and sweet, and serves as an excellent food for both man and beast. The latter have a great liking for it, especially

the dog and the horse. There are two forms, the cultivated and the wild, the latter of which grows in the corn fields, and has a smaller root than the former. Its flower is yellow, and its seed is made use of in medicine.

There are five classes of edible turnips, viz.:—The long white, the round white, the grey, the white turnip of Meaux, and the kitchen-garden form of Vangirard. The last is much cultivated in the environs of Paris, and those that are held in the highest esteem come from the cantons of Freneuse.

The round grows to a greater size than the long, but at the same time digs quicker into the soil. The fleshy matter of the one is just as sweet and tender as that of the other, and is pleasant-tasted even if eaten raw. The grey turnip, which is so named from its colour, is of an elongated form, and has a somewhat more pronounced flavour than the white, but for all that is not so tender.

The one called the Meaux turnip is the largest and the longest of all, and is slightly yellow in colour, but its inside is very white, soft, and of a very pleasant taste. That called the Vangirard is an early one, of medium size, and slightly elongated. It is of a dirty white colour, tending to grey, but is highly esteemed owing to its good flavour and extreme softness, which is such as to make it seem as though it melted in your mouth.

There is also the radish turnip, which is white and purplish round the top. Its shape is like that of a slightly flattened ball with a large circumference. It is used in Switzerland to prepare a kind of sour-kraut, called “compote de Navets.” It is also used for preparing excellent salads, which are described in this book.

Turnips are an excellent form of food, of a refreshing and emollient character. An excellent broth is prepared from them by cooking them with milk and thin soup, and adding to it a little cream or butter. This broth is

the finest that can be recommended for persons affected with inflammation of the chest or intestines.

In the kitchen, besides its use in making soups, thick or clear, it helps to make excellent purées, and to embellish joints and poultry, more particularly duck, but is never well when served up as a dish of vegetables. On the other hand, the young leaves of turnips—turnip-tops—which are cooked in salted water, constitute, with the cabbage, one of the chief vegetables of the working classes in England. These young leaves are excellent when boiled in salted water, cut up small, and moistened with butter, and finally soaked in gravy. The working people eat them simply boiled in salted water.

THE PARSNIP.

This plant is a pot-herb, a native of this country, and placed by Linnæus among the *Pentandria Digynia*, while Jussien ranks it in the family of the *Umbelliferæ*. It is gathered twice a year, and the root only is used in culinary operations.

There are two varieties of it, viz., the cultivated and the wild. Of the former there are two kinds, the long and the round. The former grows a very long root, which is white inside, while the outside is rough, and furnished with threads, which are, in fact, smaller roots. Its leaves, which are greenish-brown in colour, are plentiful, oblong, and arranged in pairs. They are characterised by a pleasant odour, and the young shoots are edible.

The round parsnip only differs from the above in having a round root resembling that of the round turnip.

I might also mention the Siam turnip, which is neither long nor short, but is swollen near the top. Its colour is yellow, but it is held in slight esteem.

Parsnips are used in the kitchen for flavouring boiled meats and the stock-pot. They are also cooked in

slightly salted water, and are useful as a dressing for joints of salt meat, and for cod-fish. They are only used as vegetables by the working classes.

The young shoots, when boiled in water, and flavoured with gravy, form a good dish of vegetables, something of the nature of spinach. In England, they are eaten after being simply cooked in water. The eating of them should be limited, as they are very heating, and therefore quite unsuitable to any but those of a cool temperament.

THE CARROT (*Daucus carota*).

This is a plant, or rather an oleraceous root, which is classed among the Umbelliferæ by Jussien, and amongst the Pentandria by Linnæus. The carrot is a fleshy, sweet, sugary, and slightly aromatic root, of great use in domestic economy. Four varieties of the plant are cultivated, viz., the long red, known as the Altringham, the long yellow, the semi-long and pointed yellow, and the semi-long Nantes red. The carrot contains albumen, and its redness is due to a combined fatty and resinous material which it contains, and which is called mannite. There is also present a quantity of sugar, which is hard to crystallise, some malic acid, vegetable fibre, etc. In spite of all the evil things that have been, and still are, said about the carrot, it forms a light and healthy form of food, which is easily digested, and is an excellent thing for those who suffer from liver complaints. At Vichy, where these maladies are specially treated by the mineral waters, they are none the less so by the partaking of "carrots à la Vichy," a speciality of the country, which is ordered by the doctors, and which is to be found on the tables d'hôtes of the place. They are also very strongly recommended for those who are nursing infants, with whom their effects are an abundance and purity of milk, thus resulting in a royal feast for the infants, and the satisfaction of their mothers.

If a strong cooking of carrots in milk be prepared, and mixed with some honey, this mixture, taken in the form of a drink, will cure coughs and colds, freeing the respiratory passages, and soothing sufferers from asthma. A glass of it should be taken morning and evening, or on getting up, and on going to bed. The belief used formerly to be held that the carrot could cure jaundice and cancer ; but, with the growth of medical science, this error has been fully recognised. However, if scraped into shavings and used as plasters, they will give ease to burns, eruptions, whitlows, boils, etc.

In the kitchen they are indispensable for the preparation of stews, stocks, gravies, and sauces. They are also in great demand for the dressing of joints of meat, but are rarely served alone as a vegetable. They go well with gravy or cream, or simply boiled in their natural condition, and then served.

THE GHERKIN.

The plant that bears this fruit has been ranked by Jussien among the Cucurbitaceæ, and by Linnaeus among the Monocotyledonous plants. It is neither more nor less than a miniature cucumber, and is plucked when its size has reached to about that of a person's finger. It is said to be a native of the Indies. For culinary purposes, it is used preserved, either in salt or in vinegar, in the manner described below. When the gherkins are gathered, their stalks are cut off, and any portions of the flower that may still adhere to them are removed. They are next brushed, one after another, with a fairly hard brush, to remove the velvety fluff on the exterior. They are then put into a large earthenware dish, and powdered over with coarse sea-salt, and are vigorously shaken in the dish, from time to time, with a lid on the dish. A pickle is produced in this way, composed of salt and the juice of the gherkins. The next day this pickle is thrown away, and the gherkins are again salted

afresh. This is left till the next day, but still undergoes an occasional shaking. After this treatment, the gherkins should be sufficiently green and hard. They are now allowed to drain, are wiped dry, and are put into a large clean dish. In this they are covered with good vinegar, so that the latter stands well above them. A few days later they are placed in short-necked bottles, and the following may be put in for seasoning: either a few pepper-corns, some pimentos, or some tarragons, etc. I have given this very simple recipe, so that those managers, or families, who wish to make their own pickles themselves, may know how to set about it. This is the more desirable since, in the pickle trade, salts of copper are dissolved in the vinegar which is used, in order to give them a rich green colour, that is occasionally too green, and is dangerous to the consumer's health.

CAPERS.

These are the flower-buds of a shrub called the caper plant. They are gathered before they have had time to expand, and while they are still young and green. They are next put away in a shady place, until they are dry and withered. After this, they are preserved in vinegar. Their chief employment in culinary operations is the preparation of caper sauces, which go so admirably with fish, or with boiled mutton. They are also much used in the dressing of mayonnaises and hashes, and for tartares and hot mustard sauces. Those which are most popular are the ones that are hard and unbroken.

THE HORSE-RADISH (*Armoracia*).

This plant belongs to the family of the Cruciferæ, and is edible, while there are two known species of it, namely, the cultivated, and the wild. Of these, the former is a plant which may be grown in kitchen gardens, and should be pulled up in the spring, while it is soft and

succulent, easy to break, and good to eat. The root of the horse-radish, when well grown, has a diameter of an inch, to an inch and a half, while its length is about a foot. Its colour is white, with a tendency to yellow ; its flavour is sharp and burning, and it grows best in moist localities. In Germany it serves for the preparation of a sort of mustard. Its use, from a culinary point of view, is the preparation of horse-radish sauce, in which it is used in a grated form, and served up with roast beef. It is also served up in the form of shavings with such joints, but in this form it is not so good, and is more indigestible. Another purpose that it serves, is to increase the flavour of the vinegar used in pickling gherkins, beet-roots, etc. It will thus be seen that, from a culinary point of view, it plays a limited *rôle*.

THE TOMATO.

The tomato is the fruit of *Solanum Lycopersicum*, and in spite of the fact that it belongs to the family of the Solanaceæ, it is not in the slightest degree poisonous.

Its original home was South America, whence it was imported into Europe by the Spaniards towards the end of the eighteenth century, and was cultivated by them as a food-yielding plant. It is too well known to make it necessary for me to give you a description of it.

The tomato, though found nearly everywhere, succeeds best in those meridional countries where, amongst other things, it serves the inhabitants perfectly as a variety of food. It constitutes a food that is pleasant in flavour, as well as healthy, nutritious and refreshing, and may be especially recommended to those of a bilious temperament, as well as the hot-blooded and those that suffer from haemorrhoids. During the heat of summer tomato soups are highly appreciated, and stews containing them are very refreshing. In the

Antilles a decoction is prepared from them in the form of an eye-salve, as an antidote to ophthalmia.

In the northern part of France a considerable time elapsed before it won favour, as it was considered to be poisonous. It was only in the year 1793, and then owing to the inhabitants of Marseilles, that it was decided that it should take its place among vegetables. I ought to mention that these people of the Canebière never grew tired of asking for them at all places, when they came to Paris. According to the way of meridional people, they extolled so much, and so well, the merits of the tomato, that the latter was imported for them. They then became the fashion, and finally the horticulturists in the neighbourhood of Paris set themselves to work to cultivate the tomato.

The consumption of this fruit or vegetable in England is of a much more recent date, for it is only for a matter of twenty to twenty-five years that it has held a place on the market. Before that time, the only people to use them were a few French chefs amongst the chief families, who made use of this vegetable for the needs of their cusine. But in recent times its fame has grown, and nowadays the tomato is sold by all grocers and fruiterers. They are even taken along the streets on wheel-barrows, and sold at a very moderate price, which brings them within the reach of everyone's purse.

The tomato, like most other aliments, is burdened with a large number of detractors who accuse it of inducing dizziness, a buzzing in the ears, cerebral troubles, hepatic complaints, and congestion of the liver. Fortunately, however, as I have pointed out above, it certainly has undeniable good qualities, while its bad ones may certainly rank as "not proven." Further, its continually increasing consumption in all the countries of the world, and the constant use to which it is put in those countries that cultivate it,

sufficiently prove that this fruit or vegetable—for this is a question that still remains undecided—possesses qualities which are worthy of appreciation from an hygienic point of view. Those who concern themselves with its defence assert that it is both a febrifuge and an aperient, owing to its slightly acid taste, and so it would appear to have many more virtues than defects.

Personally, I am convinced that the tomato can be borne by stomachs of all sorts with the following understanding: that the use of them is never to be abused.

At the same time one may well question the statement that their abuse is harmful to the health, when it is seen what a great part is taken by the tomato in the culinary preparations of Spain, Italy, and Central France, and this, too, without any apparent suffering on the part of anyone. We may go even one further: when the Sicilians are about to emigrate, their chief anxiety is to know whether the country to which they are going goes in for the cultivation of the tomato, for they consider it to be an antidote to cholera and the plague, just as it is for malaria.

Evidently the tomato, and especially when it is eaten raw, cannot be suitable for all temperaments, owing to its acid and laxative properties. However, such persons are certainly in the minority, and with the first alarming symptoms the only thing for them to do is to abstain, a rule which is equally applicable for all forms of food, as all wise persons will allow; for hygienic considerations should be taken into account before mere greediness.

Horticulturists make distinction between a large number of varieties of tomato, which would be wearisome to enumerate here, and the more so as in the greater number of cases they are not race distinctions, but simply those of perfection in the matter of culture.

The most remarkable are the following:—The early tomato, which is characterised by a rigid stem; the large red early, with its curly leaves; the smooth apple-rose tomato; the violet or acme tomato; the criterium tomato, and the tophy. All these are American tomatoes, of a beautiful oval and somewhat elongated shape, and exceedingly fleshy. Then there are the gooseberry and cherry tomatoes, which are of small size and very purple, and are perfectly suitable for stuffings and dressing; the elongated pear tomato, firm and savoury, with its varieties; the round yellow, a species that is very little in demand on account of its colour, although not in the least behind its rivals as far as flavour is concerned.

There are also the tomato called the Humbert, especially enjoyed by the people of Italy, and the little tomato of Provence, known under the name of the love-apple. Both of these have a pleasant and very sweet flavour, and their colour is a beautiful deep purplish-red. To draw this list to a close, I give the name of one kind which, at the present moment will hardly find favour with the Russians, the Mikado, a fine fleshy tomato possessing a good aroma.

The tomato possesses the advantageous property: it can be preserved without losing either its flavour, its colour, or any of its qualities that make it useful in matters culinary. The reasonableness of the prices of preserves allow of their being freely used in operations in the cuisine, even in those seasons when the fresh tomato is either not obtainable, or is too dear, or of an inferior quality.

In former times, when preserving tomatoes, people were content to place them whole in boxes, which they afterwards filled up with liquid. But more recently the defects of this method have become known; for what is wanted in the case of preserves is to be able to find again the flesh or pulp of the vegetable in a smaller volume, without the addition of water or the seeds or skin, which are simply waste substances. Many brands,

both French and foreign, are striving to win the favour of consumers, but very few of them offer those qualities which are requisite in preserves. Personally, I only know of one brand of preserved tomatoes, reduced and concentrated, which really comes up to the requirements of chefs and cooks, and it is that known as "*The Eagle Brand Concentrated Tomato Purée.*" It is certainly the best that is sold in England. It has won the highest awards in all the culinary exhibitions in which it has been concerned. Besides the quality obtained, an appreciable economy is realised by its use, for you may take it for granted that it is ten times as concentrated as any other brand that may be named. As I like to prove any assertions I advance, I give here below the recipe according to which it is prepared, so that those who wish to may form an exact idea of the degree of its concentration.

Select tomatoes which are thoroughly ripe, pluck off stalks, cut them through the middle, remove the seeds, and sift them while raw. Put the purée in a flannel filter, so as to allow the moisture to drain away. Now place this purée in large round basins, and expose it to the burning rays of the sun, taking care to stir it from time to time with a ladle. Bring about the concentration of the tomato juice to the consistence of glue, and mix it with the purée, at the same time adding to it small quantities of salt and white pepper. When the pulp has dried to the required degree, it is packed into boxes which are soldered, and then brought to the boil. If sunlight be unavailable for drying the purée, the latter should be placed in a steam oven, and should be stirred occasionally while being dried to the necessary degree. Here, again, the tomato juice, condensed to a glue, should be added, and the whole operation finished off as mentioned above.

Tomatoes preserved in this way possess ten times as much taste, colour and flavour, as those by any other process, and though the latter may be retailed at a cheaper rate, they are really dearer in the end.

To conclude, those who are unable to carry out the preparation for themselves, have only to give the brand a trial, and they will not repent for having done so. To sum up this article, I may say that the tomato is a precious form of food, and possesses the peculiarity of suiting itself to all sorts of meats, vegetables, and the like.

Italian macaroni and rice, mixed with tomato sauce, are exquisite. It was, then, a matter of importance in the case of tomatoes to give instructions sufficiently based on facts to be interesting, and sufficiently backed by documentary evidence to be veracious.

MUSHROOMS (Fungi).

Mushrooms are placed amongst the Cryptograms by Linnæus, and by Jussien in the class of the Acotyledons. They are formed of a spongy substance somewhat like cork, which may be soft or fleshy, and sometimes mucilaginous. Their shape is simple or branched, and occasionally spherical. Several have a cap, the pileus, which may be on a pedicel or sessile. The organs of reproduction take the form of a very fine powder which is situated inside the mushroom.

Mushrooms play a great part in affairs of the cuisine, for without them there would be no good and succulent sauces, no rich and compounded dressings for poultry, joints of meat, or fish. They are indispensable in the vols-au-vent and the crusts of pastry-cooks. In addition, how grand it is at breakfast to have a fine large and solid wild mushroom, freshly gathered, and brought to the house by the gardener. For nearly the whole world, mushrooms form the dish of a good-liver, a veritable feast for the gods. It is an unfortunate thing that hygiene and health hardly march hand in hand with the taste for mushrooms, for all those learned persons who have studied the matter, speak to us of mushrooms as the most unhealthy, the most pernicious, and the most

indigestible of foods. That certainly will not fail to put a slight check on our greed for them. Those learned persons observe that no sooner is a mushroom absorbed than it becomes decomposed, and as a result puts to putrefaction all the contents of our stomachs, forming one infected mass. That is something to make you tremble, and abstain from mushrooms for the rest of your life. Furthermore, how many people, wishing to have a feast of them, do not poison themselves by gathering them with little luck, for they are not all equally good to eat, in fact, there are more that are bad than there are good, and which are sufficiently like the latter. There are those who will palm off bad ones on you for good. In spite of all these facts, I believe the good-liver will continue to import, and even persist in eating mushrooms. But by all this I do not mean to insinuate that it is no good being prudent and careful in gathering them. However, one can be on the safe side by only eating those of which one feels quite sure and knows thoroughly, or by keeping to cultivated mushrooms which are known as bedded mushrooms, for example the bouton blanc or white button. That is a harmless one. However, it is not always to be had, and although it may be excellent and fine for purposes of dressing, it is no good at all for toasting and placing on toast, like those we are in the habit of having served up to us for breakfast.

All over the world there are a number of prognostications, which have become real popular beliefs, real old grandmothers' tales. Here are a few:—

1st. A piece of silver should be placed with the mushrooms in the process of cooking, and if the silver does not turn black, it is a proof that the mushrooms are good. Now remember these points: silver blackens when brought into contact with sulphur, and it has also been proved that certain mushrooms of the good kind contain sulphur, while others that come under the category of the bad have none in their composition.

The only result then is, that the silver will blacken when with the good ones, and will not with the bad, and you will poison yourself.

2nd. It is said that all mushrooms that have been touched by slugs are safe. Utterly wrong. To begin with, the slug, not being constituted as we are, cannot be likened to us. In proof, it may be mentioned that the slug will never touch the edible chanterelle, owing to the bitterness of its sap, but will greedily devour the mushroom called aminite, which is very sweet and very poisonous, so much so, that a single one would be sufficient to send you off to sample the pleasures of the other world. Yet another proof: Don't slugs eat some of the most poisonous plants of all, such as the belladonna, the deadly nightshade, the fox-glove, and many others? Hence, in picking out your mushrooms, place no further confidence in that deceiver, the slug.

3rd. They say that the pleasant smell of the mushroom is a guarantee. There is nothing so false, as is proved by the fact that the livid entolome has a very pleasant floury taste and smell, yet is exceeding dangerous and harmful.

4th. The turning green or black, when exposed to the air, is said to be a sign that they are poisonous. This absolutely fails to prove anything. The excellent boletus blackens when cut, the delicious lactaria turns green, while the fly-killing aminite, whose poison is deadly, remains untouched. After that, don't trust to appearances. It is only on the purely botanical characters that we can depend when we wish to distinguish scientifically the edible mushrooms from the poisonous, it being, of course, thoroughly understood that the cultivated mushrooms are altogether out of the question. The only sure and practised means, and one that is available for everybody, is that which is adopted in Russia. It consists in simply macerating the mushrooms with salt, or salted water. If the mushrooms are rather large, cut them in pieces, and then put them in a basin

containing two quarts of water, a glass of vinegar, and a small handful of coarse salt. Two hours later, they should be taken out and washed, after which, they may be cooked without fear. Out of excess of precaution, they may next be boiled down for some minutes. In the case of a person being poisoned by mushrooms, here is a remedy, which, to all appearances, is very efficacious. Rapidly make the following mixture:—A spoonful of water, either hot or cold, a large spoonful of ordinary salt, and the same quantity of mustard, and make the person afflicted swallow it down. Hardly will he have absorbed it before it will act as an emetic, bringing up the whole contents of the stomach. Next, when the stomach has had a rest, make him swallow the white of an egg, and a cup of strong coffee. A good rest on top of all, and he will have got over it all with a fright, and a mind to give up eating mushrooms any more, except, possibly, those that have been cultivated.

There is an infinite variety of edible mushrooms, and a still greater one of those that are not. I believe that botanists reckon nearly 160 kinds. You will easily understand my sparing you a list of them, and limiting myself to describing only those that are best known, while I feel certain that you will attach no other importance to them.

EDIBLE MUSHROOMS.

First of all come the cultivated mushrooms, called the bedded, which may be recognised by the following characters:—Their colour is white or slightly brown; they have a thick pedicel, which is not swollen, is about two inches high, and has a collar; the cap is convex, smooth, and glabrous; the interior is provided with pinkish plates. It is the one that is cultivated in the abandoned quarter of the environs of Paris, and which is exported to all parts of the world.

2nd. We have the good mousseron (mushroom) and the false one.

3rd. There is the true orange-mushroom, the delight of the rustic in the heart of the country.

4th. The chanterelle, and next, many kinds of boletus, which are easily recognised by their greyish-yellow tint, their thick and fleshy pedicel, which is swollen, as though reticulated, at the base. The cap is thick, large, and fleshy, slightly brown, and provided interiorly with tubes, at first white, and then yellow. Amongst the boletus class is placed the delicious cêpe which is sold in boxes, either preserved in oil, or in the natural condition, the latter being the preferable. There are yet many kinds in the class called the club-topped (*clavaria*), the *hydnnum*, the *merulius*, the *morell*, the *armilaria*, the *tricholome*, *caprui*, etc., etc.

In the number of the venomous, or poisonous mushrooms, are particularly included : the annular *agaricus*, the white *agaricus*, the murderer and the bulbous, the false orange, which closely resembles the true, the hemlock white orange, the yellow and the green, with regard to which it is very easy to make a mistake. Many other varieties might be mentioned, but their appearance is quite enough to put you on your guard, and I prefer to wind up this enumeration, which is already long enough, by recommending you always to be sufficiently mistrustful of wild mushrooms.

THE ORANGE TREE (*Citrus aurantium.*)

This tree is ranked by Linnæus in the class of the *Hesperidæ*. It is extensively cultivated in the following countries :—South America, Palestine, Asia Minor, Algeria, Tunisia, Spain, Portugal, and in the meridional parts of France. Two kinds are distinguished from one another ; first, those whose fruit is sweet, and second those which bear bitter fruit, and are called *bigarades*, or *Seville oranges*. The former are of a fine bright yellow colour, while the latter are of a deep, greenish-yellow. All parts of the orange tree are of use. Its wood, which is hard, heavy, and polishes very well, is made

use of in fine carpentry, and also in the manufacture of walking-sticks.

The flowers lend themselves to the preparation of orange-blossom water, which is much employed in pastry work, in confectionery, and in perfumery. If it be taken with sweetened water it has the effect of calming nervous agitations, spasms, headaches, palpitations, etc. It also facilitates digestion by increasing the appetite, and helping in the evacuation of wind. A highly perfumed volatile oil is also extracted from them, and passes under the name of "Neroli essence." The flowers of the orange tree are also preserved and candied, and from these excellent pastes are prepared which are used in confectionery. The flowers of this tree being exceedingly white, beautiful in their form, and having a pleasant scent and a sweet aromatic flavour, have been chosen as the emblem of virginity ; but the intemperate use of these heating flowers is able to bring about different forms of sickness. Perhaps it is on this very account that so many young people hasten to pluck off the leaves before making use of them ; a useful and natural precaution.

The leaves of the orange tree are tonic and antispasmodic, and should be taken in an infusion of an ounce to a quart of water ; they have the same characteristics as the flowers. The rind of oranges is bitter, aromatic, tonic, and a stimulant. The essence of oranges contains citric acid, and is refreshing. From a mixture of this essence with the juice orangeade is prepared. It is also useful in the manufacture of bitters, tonic, exciting, and strengthening liqueurs, such as the various bitters that are known all over the world under a number of names. The curaçaos of all colours have this origin, but the zest comes from the yellow part of the skin, and it is this that plays the chief part in the making of all these liqueurs. From the same, mixed with the juice of oranges, the ice-makers and pastry-cooks make delicious ices, either with syrup, or with cream whipped or simple.

The fruit, that is to say, the orange properly so-called, holds an important place amongst the fruits used as dessert. The great season for them is Christmas, and a custom which arose in ancient times, and is still practised in our own, either on Christmas day or New Year's day, according to the country in question, consisted in relations and friends exchanging oranges as a sign of faith and friendship. Its use in the kitchen is to accompany sauce to surround and garnish fat little ducklings, widgeons, teal, and others with so-called orange or bigarade sauce. From it are also prepared excellent salads, stewed fruits, jellies, ices, fritters, and the divine marmalade, so dear to the heart of every good Englishman

THE MANDARINE ORANGE TREE.

This is a tree of the orange species whose fruit is called the mandarine. It is of the same shape as the orange, but smaller, while its colour is of a deep reddish-yellow. Its smell is pleasanter and more delicate than that of the orange, its juice is sweeter, and the perfume of its essence is stronger.

The mandarine, as a fruit, is in much greater demand than the orange, while it serves the same purposes as the latter in matters of domestic economy.

This orange is chiefly cultivated in Algeria, Tunisia, and Malta, the best and most famous being those of Blidah in Algeria.

THE LEMON TREE (*Citrus medica*).

■ This tree belongs to the Polyadelphia Icosandria of Linnæus, and to the orange family according to Jussien. The lemon is its fruit, and has a wrinkled yellow skin of rather a pleasant smell. Just as is the case in oranges, so here we find two sorts of lemon, the sour and the sweet. The former should be used for refreshments and

the latter for sauces. But what is the good of saying this, for hardly any attention is paid to it, as the choice of the two is not always obtainable. This fruit is in great demand in the kitchen, in the cooking of pastry and confectionery. Its very acid juice serves to heighten the flavour of sauces, ices, and jellies, while its yellow rind, being very scented, serves to yield that perfume to ices, sweetmeats, jellies, etc., etc. From its juice a very large variety of refreshing drinks is also prepared. A sugar, acidulated with lemon juice, is sold under a variety of names, according to trade marks or firms, which yields, when dissolved in water, an excellent form of lemonade.

An oil of volatile nature, is also extracted from the lemon, and is frequently used for extracting spots of grease. It is also from a variety of lemon called the lime that a syrup of the same name is prepared, which is refreshing, cordial, antiseptic, and also antiscorbutic. Finally, the lemon plays a very considerable *rôle* in domestic economy, where it is practically indispensable.

But I have often had the opportunity of seeing cooks make use of them by squeezing the juice into consommés. This is hardly the correct thing, and only has for its result the spoiling of them. These consommés and joints should have a concentrated meat gravy, which should rather be sweetened, so that it is absurd to turn them sour with the juice of lemons.

CITRON PEEL.

This is the fruit of cedrate, a variety of the lemon tree which is much cultivated in Algeria, and in the centre of France. This fruit is three times the size of the lemon, and its fleshy substance is thick and green. It is cooked and candied, and enormous quantities of it are consumed in England, either cut in little cubes and placed in puddings, or in slices in sultana and Madeira cakes. It has hardly any other use in the programme of cookery.

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COUNTRY ORDERS PROMPTLY EXECUTED.

THE QUESTION OF MILK— NATURE'S FOOD.

The question of milk is always an important one, and becomes a very serious one when it concerns the provision of supplies for an immense city like London.

In matters which concern the public health all should find themselves in accord, rich as well as poor, irrespective of politics, and the supply of milk is very specially such a matter.

It is of the greatest possible importance that children should be properly nourished, and Nature herself has provided means to this end. The exigencies of our much vaunted civilisation have, however, in too many instances deprived our babes of their rights, wholly or in part, and recourse is consequently made to such substitutes as asses', goats', or cows' milk, usually the latter. But there is no gainsaying the fact that, in spite of the constant vigilance of inspectors, the milk supply of our great towns is not what it ought to be.

Milk is more susceptible to infection than probably any other kind of human food, and over a hundred different epidemics have been traced to it, of which about half were epidemics of typhoid, more than a dozen of scarlet fever, and several of diphtheria, while innumerable isolated cases of enteric fever, epidemic diarrhoea, sore throats and other diseases can be traced to its agency.

The very properties which make milk of such inestimable value as a food for man, make it also the most perfect breeding ground for microbes, of which millions may be found in a cubic inch, not all harmful, fortunately. In a great measure, this pollution with microbes is preventible, and should be prevented, as it arises from causes within the immediate control of the people concerned, who use unclean vessels, expose their contents

to unclean air, and not infrequently, it is to be feared, fraudulently increase the bulk with unclean water.

It is frequently attempted to remedy these evils by boiling the milk, but that process has the disadvantage of injuring the taste and digestibility of the fluid, and it is of service to know, on the authority of Mr. S. Newman, F.R.S.E., and Mr. Harold Swithinbank, of the Bacteriological Research Laboratory, that milk is rendered practically safe at a temperature of 170° F., which is 42° below the boiling point. But the greatest safeguard of the public health lies in cleanliness in everything that concerns milk, whether at the farm, in transit, in the shop, or in the home.

It should be fully recognised that cold is the greatest enemy to microbes, and milk should invariably travel packed in ice, like fish.

A very frequent cause of trouble with milk for infants lies in the use of feeding bottles, difficult to cleanse, in which milk is left to stagnate and ferment. Without a complicated apparatus it is practically impossible to cleanse the old-fashioned feeding bottle, with india-rubber pipe, and glass tube, and a teat. The use of such a bottle too frequently means that it is perfunctorily cleansed by rinsing with hot water, and not always that, and then the fresh milk is poured in. Germs of one sort or another are certain to have been left in the tube, and they find a most perfect breeding ground in the warm milk. Is it to be wondered at, therefore, if the infant suffers from sickness and diarrhoea, to name the least of the evils which such a course is bound to ensure. The only remedy is to use a bottle which can be readily cleansed by subjection to boiling.

Adulteration of alimentary products is now but a common practice of everyday life, so common as to be known to everyone, but indifference, and the prevailing taste for cheapness, makes us shut our eyes to all but the most flagrant offences. Probably the most frequent adulterations of all, because the most easily prac-

tised, are those of milk. The simplest method which obtains is the addition of water, and when that is clean and sweet it is the most harmless.

A quart of good milk should contain about 2 oz. of butter, but more often a quarter or third of this amount is the maximum obtainable, and the milk is then nearly as nourishing as pure water! Adulterators, however, who pride themselves on their scientific attainments, are not content with such a simple mixture, which is also so simply detected. All kinds of foreign substances are added: vegetable butter, to make up the percentage of fat; annatto, or tumeric, to give a rich golden colour; and boracic acid, formalin, or some such substance, as a preservative.

In another direction pure milk is of great service to a certain class of dyspeptics, invalids, convalescents and old people; for it serves as a vehicle for the dressing of a large number of dishes, principally sweet ones.

Such are not, however, acceptable to all stomachs, as occasionally we meet with cases where the use of milk causes an undue distention of the stomach, bringing about flatulency and heartburn, by reason of the acidity caused by the milk. Digestion is effected too quickly under the influence of this acidity, and about two hours after a meal, the sharp burning sensation makes itself again felt—to be quieted again by another meal and so on, the only remedy being a constant feeding every two hours in order that the stomach be not left empty. The milk which is so easily assimilated often takes long to digest, owing to the rich bodies of which it is composed, and the result is heaviness and somnolence.

It happens, therefore, that whenever the stomach is fatigued by an irritating *régime*, by the abuse of medicine, or alcoholic drinks, milk becomes the finest possible food, with the additional effect of quietening down and healing the irritated tissues. On the other hand, all vinegary or acidulated drinks, such as orange or lemonade must be

strictly banished from the dietary of such hyperacid dyspeptics.

It is frequently desirable that milk should be mixed with soda water, in order to make it easier of digestion and less liable to ferment in the stomach. When such is likely to occur and milk and soda cannot be tolerated, it becomes necessary to dispense with milk entirely and fresh uncooked beef and mutton must be used—free from fat or sinew. Chicken also may be used, but pork or veal are more or less indigestible and not to be recommended.

Amongst vegetables, those most likely to cause fermentation are cabbage, cauliflowers, and haricot beans, while potatoes, leeks and rice may be safely taken.

When the stomach is weak, it becomes necessary to feed it lightly with farinaceous foods, such as are usually given to infants ; and eggs, always nutritious and hygienic owing to the large quantity of albumen contained in them, can almost invariably be supported.

But the indispensable food in such cases, although far too little known to the great majority, is the pure albumen of milk in powder form known as Plasmon. In all cases of dyspepsia, it may very advantageously replace cows' milk, as it possesses all the nutritious qualities of it, without the sometimes indigestible and fat bodies which are a necessary accompaniment of pure cows' milk.

Plasmon needs to be employed with a careful hand ; about a teaspoonful is sufficient for a child in a day, while an adult will find a dessertspoonful ample. It does not thicken in cooking, and can be agreeably incorporated with practically any dish without altering its taste or quality, but on the contrary considerably increases the nutritive and digestive value of every dish to which it may be added.

Plasmon is now obtainable anywhere and everywhere.

The method of employing it is very simple. If it is to be mixed with a dish that includes milk as an ingredient, sprinkle a teaspoonful or even less in the milk, put it on

PLASMON.

“In practice it is found that Plasmon can be “used in endless ways, and that if properly handled “it adds to the lightness of cakes, bread, and sweets, “and gives a rich smooth character to savoury and “vegetable dishes. As a mere enricher it can be “sprinkled over a dish like salt, but for cookery “purposes it requires a little preparation.

“As Plasmon possesses no flavour or scent, it “can be safely added to any dish, with the surety “that it will add enormously to its nourishing pro-“perties, and moreover assist in making it light and “digestible.

“The use of Plasmon spells *interior economy*, “because, when properly blended and treated upon “correct culinary lines, food thus prepared fulfils that “important mission of making it more wholesome, “more varied, more pleasurable, and therefore more-“profitable in the end.”

From “FOOD & COOKERY,” Aug., 1903.

PLASMON COOKERY BOOK will be sent free on application to DEPT. S.E., INTERNATIONAL PLASMON, LTD., 66a, FARRINGDON STREET, LONDON, E.C.

Plasmon, in packets, at all Chemists, Grocers, and Stores,
9d., 1/4 and 2/6.

Full directions and Cookery Recipes with each packet.

the fire and keep stirring until it boils. Mix that with the rest of the dish and finish cooking.

For a bouillon or soup, take a teaspoonful again and proceed as for milk.

For use with dishes of meat, etc., mix a sufficient quantity with a little water, milk or bouillon, and boil to make a sauce. In this way it may be used for minced, stewed, braised, boiled or roast meat.

I have already made good use of it in hotel catering, with excellent results to weak stomachs, unable to retain other foods. Great care should however be taken not to exceed the quantities directed to be used in the instructions on the packet, for it is one of those powerful foods to be used and not abused, to be understood and not partaken of indiscriminately without reference to the nature of the ailment it is desired to treat.

The Manufacture of Condensed, Aerated, Powdered and Compressed Milk, also Sterilised Milk for Invalids.

It frequently happens that the necessity arises to deal with fresh milk in one or another of the methods indicated above, as in cases when a plentiful and cheap supply is designed to be transported a considerable distance, *e.g.*, from Switzerland or Ireland to the populous towns of England, or to the Colonies, in which condensation, either partial or whole, is practised; or, again, for manufacturing purposes, *e.g.*, milk chocolate, when condensation, or complete drying is made use of; or occasionally in parts of the world very remote from civilisation, supplies of milk have to be provided to cover long periods at a stretch—as in Siberia or the Arctic and Antarctic expeditions—and sometimes special forms of aërated or sterilised milk are prescribed by doctors.

In many of these cases the ordinary condensed milk bearing the name of a manufacturer of reputation, will be sufficient for the purpose, but when transport is

BARLEY WATER

should be made from

ROBINSON'S PATENT BARLEY

"IN POWDER FORM."

*Barley Water, as a Diluent of Milk, is
BABIES' PERFECT FOOD.*

Should be used also for Soups, Souffles, etc.
(see page 195).

GRUEL for NURSING MOTHERS, WEANED
BABIES, and INVALIDS, from

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"IN POWDER FORM"

AND MILK.

KEEN, ROBINSON & CO.
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difficult and expensive, the heavy cases of condensed milk become prohibitive by their expense, and a lighter form is essential.

The original process of preserving milk in powder form seems to have been the invention of a Frenchman named Appert, about the year 1810. This process was perfected by Grimwade in 1856, and then seems to have been lost sight of.

It consists in the addition of a small quantity of sugar and carbonate of soda to the milk immediately it is drawn from the cow's udder. This is then rapidly evaporated in a closed pan containing two oscillating arms which are kept constantly in motion. The evaporation is effected by means of a current of water at a temperature of 130° F. circulated through the double bottom of the pan.

The milk condenses rapidly to whatever consistency may be desired. If a total absence of water be desired, leaving the milk in powder or tablet form, the fluid is condensed first to the consistency of treacle, and then poured into porcelain or earthenware open pans, which are heated again, as before, gradually, and the contents still kept stirred up with a wooden spoon.

The second heating is stopped when the mass is of the consistency of a firm paste.

It is then passed between a pair of marble or granite rollers and rolled out into long thin ribbons which are dried in a current of warm air, and then broken up into coarse powder in a mill. This is again dried in a stove, and finally ground and sifted to the fineness desired and immediately packed in air-tight boxes.

The Keller process, like Martin de Liquoc's system, treats the milk by a more direct method, reducing it at once into a dry paste, with which is made tablets containing not more than 6 per cent. of water, or powder containing about 3 per cent.

The Grimwade process is somewhat like the foregoing but the product possesses a peculiar flavour not altogether appreciated.

In the Legriss process, two parts of bicarbonate of soda are added to 1,000 parts of milk, and the mixture evaporated to three-quarters of its bulk. 500 parts of powdered sugar are then added. The mass is then spread on plates and dried in a stove.

The product thus obtained is pressed into tablets or reduced to powder, which is preserved and sold in bottles.

To return this powder to fluid form, it is only necessary to add an ounce of it to a pint of warm water, but there is the serious drawback that the milk is always sweetened.

The three Braconnot processes, which date from 1830, are as follow :—

1. Curdled milk is exhausted with boiling water, and bicarbonate of soda added. The mixture is then dissolved in boiling water. This is then gently concentrated in a bain-marie, the mass being kept constantly stirred, and the dry product which is obtained may be preserved indefinitely.

2. Take two quarts of milk and bring it to a temperature of about 112° F., and add carefully, and in small quantities at a time—thoroughly stirring all the while—sufficient dilute hydrochloric acid to separate the butter and casein in a mass of curd from the fluid serum, which remains. Five grammes powdered crystals of subacetate of soda are then gradually worked into the curd, which is carefully warmed in order to facilitate the solution, and the result will be about a pint and a half of thick cream. If there be restored to this cream a quantity of water equal in amount to that of the serum which was abstracted—and sugar be added—a perfectly homogeneous milk, absolutely equivalent to fresh cow's milk, and possessing a most agreeable flavour, will be obtained.

3. Milk is coagulated with sulphuric acid of 15° , the curd is removed, and treated with bicarbonate of soda. To the thick mass thus obtained powdered sugar is

added ; this cream, placed in hermetically sealed receptacles, is subjected to boiling, and may be preserved for a long time. It is only necessary to add water in order to reduce the milk to its proper consistency.

But if, to the paste prepared in this method, a sufficient quantity of sugar be added, a syrup will be obtained which may be spread out in shallow moulds to dry in the air, and a white dry substance will result which may be crushed into powder, capable of being preserved indefinitely.

The drawbacks to these three methods is that the casein of the milk is withdrawn, and the product is too sweet to suit every purpose.

A M. Gautrelet practises, at the Agricultural School of Vichy, a method for the preparation of a yellowish-white extract of milk, absolutely free from water, but with its constituents otherwise unchanged. This is a dry non-fatty powder, which dissolves readily in boiling water.

The liquid has the flavour of milk, but also slightly of curd, which makes it objectionable to some people.

The latest process which is in use is that of Mr. Winner, a Danish chemist, who has invented a method which allows of the milk being treated in such a way that all the nourishing constituents of fresh milk are to be found in the product obtained, either as a powder or tablet, and that without the addition of any foreign substance whatever.

By adding 10 parts of this dry milk to 100 of water, a fluid milk is reconstituted, which has as good a flavour as fresh cow's milk, and excellent cream and even butter can be obtained from it—facts which seem to prove the superiority of this process over all others, and not the least of the merits of this system lies in the fact that all obnoxious germs which might be present in the original fresh milk are destroyed in the course of manufacture, a preparation being thus produced which may be preserved without the slightest alteration for many years.

It would certainly seem that if this system answers all that is claimed for it, it must cause a considerable commotion throughout the milk trade of the world.

An official analysis, by the authority of the Danish Minister of Agriculture, appears to affirm, if not confirm, the reality of these facts, and we can only wait and hope that it may be so.

In conclusion, I may give the following recipe, which is good and very simple, for preparing an excellent milk for infants and invalids. It is one which any milk dealer should be able to practise.

Take some perfectly clean and dry bottles, specially retained for the purpose—champagne bottles will do—and fill them with absolutely new milk.

Cork the bottles tightly, and tie down the corks.

Cover each bottle with an ordinary straw envelope, and place in a “marmite.”

Cover with cold water, and put on the fire. As soon as the water boils, take the pan off and allow to cool slowly.

When the bottles are quite cold, take them out and keep them in a cool place.

Milk, preserved in this manner, has been taken to America and back to Denmark—but, of course, care must be exercised to pack the bottles properly in straw to prevent breakage, and they must be kept in a cool part of the boat.

The sterilisation thus effected preserves all the nutritive qualities of the milk.

Analysis of Milk and Cream.

The analysis of cow's milk shows that its composition is exactly similar to that of blood, and consists, like the latter, of a chemical solution and a mixture of undissolved matter. Having separated the cream, put the milk into a flat pan, and expose it to a temperature of 52° Fahr. The bottom part of the milk runs out through a small hole in the bottom of the pan, and would have a specific

weight of 1033, and would give by its analysis :—Water, 928.75; cheese, with a small trace of butter, 28.00; sugar of milk, 35.00; muriate of potass, 1.70; phosphate of potass, 0.25; lactic acid, acetate of potassium, with a small amount of lactate of iron, 6.00; phosphate "berreux," c.3. In all 1,000.00. Cream, which is a species of "omuboier," contains undissolved matter much more concentrated and mixed with milk; this "omuboier" is easily decomposed by agitating it; it then absorbs oxygen, and the butter is then separated; the milk by this operation becomes more acid than it was before, by the reason that cream having a specific weight of 10244, was composed of butter 4.5; cheese, 3.5; skim milk, 92.0; total, 100.0. As 92 parts of skim milk contains 4.4 of sugar of milk, and different salts, therefore, it follows, that cream contains about 12.5 per cent. of soluble matter. It is remarkable that with the exception of potass no other alkali is found in milk.

Viniagre de Petit Lait.

Put into a small barrel a tablespoonful of honey to a quart of skim milk, add in about four days a seventh part of brandy, cover over with a piece of fine linen so that the air can penetrate, then place in a temperature of 24°, mix now and then, and in two months you will have good vinegar. This vinegar is infinitely preferable to those sold in most shops, most of which are composed of acids more or less deleterious, and owe their taste to pepper, red pepper, or allspice, which has been infused into it. And another recommendation is that this vinegar only costs one penny per bottle.

How to Know Whether Milk is Pure or Not.

The most simple method of testing milk is as follows :—Take a steel knitting or crochet needle. Rub it well to cleanse it from any greasy matter. Dip the needle deep into the milk and withdraw it vertically. If the milk is pure a drop will remain at the end of the needle. If no milk adheres to the needle you may be

sure the milk is adulterated. It is very often said among people that various ingredients are mixed with the milk ; even the brains of the horse and the ox. That is not true, for, in any case, those matters, being heavier than the milk, and foreign to its composition, would sink to the bottom. The fraud consists generally in the mixture of water with milk ; but anyhow the analysts are too strict upon those who practise this fraud to allow it to go unpunished. The milk must, by its properties, remain a healthy and safe food.

Now, in the trade, you can find some milk testers of different kinds and marks ; these are very useful, and the cost is next to nothing, being only 6d. each.

To Preserve Milk by Horse-Radish Water.

In heavy and stormy weather, when the heat begins to be intolerable, we believe that it is very useful to give this recipe, which will be of great advantage. The milkmen sometimes add borax in large quantities. Have you noticed in summer time that very often your milk, after it is boiled, has an acrid smell and a violet colour ? This is only the effect of the borax. We know exactly that this method is more expeditious, but is not good for the consumers. We know, too, that "Time is money," but it would be very much better not to use borax in these kind of things. Compare the difference in the following recipe :—

Cut a few pounds of horse-radish in small fine slices, put it with an equal weight of water into a still, and distil for three-quarters of an hour on a slow fire. Thus what is in the still will neither get burnt nor lose its flavour. In this way we get from 12 lb. horse-radish and 12 lb. water four quarts of essence of horse-radish, three quarts of which will be fit for use. The smell is like that of caustic ammonia. Put this essence in a well stopped bottle, and it will keep good for more than a year. If, in hot weather, you wish to keep your milk fresh for at least 8 or 10 days, put a spoonful of the essence to each pint of milk. In that way the milk will keep fresh and

sweet for at least a week in the hottest of days. The acidity of the essence will entirely pass away in the course of 3 or 4 days. We have noticed that the essence will also drive away all kinds of insects.

Milk Adulteration.

The consequences of the adulteration of milk are very serious, and the offenders never punished sufficiently, as we still find dishonest milkmen selling adulterated for good milk. No wonder that the War Office have to refuse more than half the young men who take the King's shilling, as not being strong enough to be soldiers. Space is too limited to give all the facts published by the newspapers; but I want to reprint the following extract from the *Daily Telegraph*.

Prussic Acid in Milk.

At Brentford, a Chiswick milkman, named Wier, was summoned for selling skim milk with 11 per cent. of added water.

Inspector W. Tyler said that samples of the milk, which was machine separated, were taken and the public analyst had declared it to have 11 per cent. of added water. It was, in any circumstances, only equal to water with an addition of chalk, and it was sold at one penny per quart.

Defendant said they had been very short of milk lately, and a powder was used to make the milk.

Inspector Tyler said he had a sample of this powder, and, producing a glass of water, proceeded to mix what was to all appearances milk. He said it had the smell of fresh milk, and to preserve it a small quantity of prussic acid was used.

In answer to Mr. Montagu Sharpe, he said he would not care to sample it, whereupon it was suggested that a dog should be tried.

In imposing a fine of £3, Mr. Sharpe said it was dreadful to think that poor children were forced to drink such unhealthy rubbish.

HORS-D'ŒUVRES AND SAVOURIES.

1. WHAT IS A CANAPÉ? *Qu'est-ce un Canapé.* In kitchen terms "canapé" is a slice of bread cut in square, oblong, or with the corners cut off. You can fry, or toast and butter them. For fish it is better to fry them.

2. WHAT IS A "CROUTE"? *Qu'est ce une Croûte.* This is the same as "canapé," only cut round instead of square.

3. METHOD OF FRYING PIECES OF BREAD. *Méthode de Faire le Pain.* Cut a square loaf in slices, a quarter of an inch thick, trim off the crusts, cut the slices in oblong pieces as large as required, make them slightly hollow on the top, and fry them either in oil or butter, or the two mixed. Only cook them slightly, to a golden colour, because they have often to be cooked again, otherwise at the second time they would be black.

4. TO GRILL BREAD (SECOND METHOD). *Pour Griller le Pain.* Cut some slices of bread the crossway of the loaf. Toast them before the fire or over the grill, butter them directly they are done to prevent them getting hard. Trim off the crusts, and cut them in long strips as wide as required. Do not place them one on the other, or they will become soft.

DIFFERENT KINDS OF BUTTER USED FOR SAVOURIES.

5. ANCHOVIES BUTTER. *Beurre d'Anchois.* Put into a pan 4 oz. of butter and a pinch of pepper, no salt, add one or two spoonfuls of essence of anchovies and anchovies paste, mix well, and put by to serve when wanted.

6. BLOATER PASTE BUTTER. *Beurre de Pâté d'*

Bloater. Proceed as before, only using bloater paste instead of anchovies.

7. SARDINE PASTE BUTTER. *Beurre de Sardines.* Skin and take out the bones of a dozen sardines, and pound the flesh in a mortar ; add the same quantity of butter and mix it well ; add to it one spoonful of essence of anchovies ; season to taste and put by till wanted.

8. LOBSTER PASTE BUTTER. *Beurre de Homard.* Take carefully from the shell the creamy parts of a freshly cooked lobster ; also the eggs and coral inside. Crush the whole with double its quantity of butter, a spoonful of mustard, the juice of a lemon, salt and pepper ; press all this through a very fine sieve ; work well together to become creamy. Put into a stone jar when finished to keep.

9. CRAYFISH PASTE BUTTER. *Beurre d'Écrevisses.* Proceed as before, only use crayfish instead of lobster.

10. SHRIMP PASTE BUTTER. *Beurre de Crevettes* Break off the tails of a dozen cooked shrimps, keeping back the flesh of the tails to serve in dish ; now crush in mortar with pestle the shells of tails and heads with double their amount of good butter. Put into closed saucepan and melt in bain-marie or over very slow fire until the butter is clarified. Now squeeze through a clean cloth into a stone jar containing ice-cold water ; as soon as the butter is congealed, take out and let it drain on a dry cloth ; then place in a heated bowl, season and beat well until it becomes creamy and a bright pink colour. It is better, when you can, to add a small portion of the raw eggs of lobster crushed with the shrimp shells ; the colour is then perfect ; you can pound the tails and mix with the butter.

11. KIPPER PASTE BUTTER. *Beurre de Kippers.* The same as bloater paste, only using kipper paste mixed with double its amount of butter.

12. FINNON HADDOCK BUTTER. *Beurre de Finnon Haddock.* Cook in the oven some finnon haddock with butter ; when done pound in mortar with double its

amount of butter ; mix it well to make it light, season to taste with Cayenne pepper. Keep in a stone jar till wanted.

13. CURRY BUTTER. *Beurre de Currie.* Mix a pinch of curry powder with a drop of consommé or bovril ; when well mixed add to it four ounces of butter and again mix well together.

14. BUTTER FOR SANDWICHES. *Beurre pour Sandwiches.* Put in a basin 4 oz. of butter, a pinch of salt, and one of pepper, and a small spoonful of mustard ; mix well together.

15. HORSE-RADISH BUTTER. *Beurre de Raifort.* Mix well together a little butter and a spoonful or two of whipped cream, add two spoonfuls of finely grated horse-radish, salt and pepper, and work well.

16. RAVIGOTTE AND MONTPELLIER BUTTER. *Ravigotte et Beurre de Montpellier.* Wash and blanch some chervil, parsley and tarragon leaves, a little mustard and cress, and chopped shallots ; add a little essence of anchovies. Pound well together, and rub through a fine sieve ; add same quantity of butter in proportion to the herbs. Rub well until it becomes creamy and frothy. If the resulting butter is not a tender green, add a leaf of spinach to the herbs and crush with them to give colour.

16A. MONTPELLIER BUTTER. *Beurre de Montpellier.* Proceed as preceding recipe, adding a gherkin and a small spoonful of capers per ounce of fine herbs as explained before. The fillets of three anchovies, three yolks of hard-boiled eggs crushed, and two raw yolks ; the same quantity of butter ; work all this together, adding slowly in it one large spoonful of salad oil ; season to taste with one pinch of cayenne ; keep it in a cool place till it is wanted ; this sauce must not be too liquid.

17. HOW TO PREPARE BREAD FOR SANDWICHES. *Comment l'on Prépare le Pain pour Sandwiches.* Cut the crust from the four sides of a square loaf that is one day stale. It is useless to take off more than is necessary.

Now hold the loaf straight before you and spread a thin layer of butter on it, and on this an imperceptible quantity of mustard. Cut the slices of bread very thin and smooth, put them on a clean table, and continue thus until you have as many as you require. When there are a quantity of sandwiches to be made, the loaf should be cut in long slices. Three or four sandwiches can be placed one on the other and cut through at the same time; the work is thus made easier. They can be cut in squares or triangles, etc.

18. POTTED CHICKEN FOR SANDWICHES. *Purée de Volaille pour Sandwiches.* Take the white flesh of a chicken or turkey, either roasted or braised. Crush with a quarter of sauce suprême or béchamel very much reduced. Pass through a fine strainer, put it back in the mortar, season with salt and pepper, add a quarter of the amount of fine butter, and beat it well with the pestle. Fill some small pots with this, smooth over the surface, and pour a little butter, boiling hot, on each one to form a crust when cold. This system is convenient when the pots will be served in the course of a week, but for a longer time of keeping it is preferable to leave out the sauce. Those potted meats to be of first quality should be eaten fresh, because they soon turn rancid.

19. POTTED GAME. *Purée de Gibier.* Take some fillets or parings of any sort of game, a small quantity of bovril or Madeira sauce very much reduced, and a quarter of best butter. Proceed as in former recipe.

20. POTTED SHRIMPS. *Purée de Crevettes.* Take 16 oz. of shelled shrimps and 4 oz. of sauce crevetié very much reduced. Crush and rub through a sieve, add 4 oz. of best butter, and finish as in former recipe. It can also be made as follows:—Fill some glass pots three parts full with shelled shrimps, press them well into the pots, beat a small quantity of best butter with some salt and pepper, and put a layer of this on each pot and smooth it over with the blade of a knife. It should be eaten within 12 hours of making.

21. POTTED BLOATERS. *Purée de Bloaters.* With the flesh of some bloaters, grilled, and all the bones taken out, and a quarter of butter, proceed as in former recipe.

22. POTTED ANCHOVIES. *Purée d'Anchois* Take some filleted anchovies, well dried and boned, and skin. Brown one or two shallots in oil, add the anchovies, and cook just long enough to take off their moisture. Crush and pass them through a sieve; add a spoonful of sauce Normande very much reduced, a little essence of anchovies, and a quarter of best butter. Finish as in previous recipe.

23. POTTED BEEF. *Purée de Bœuf.* Crush 16 oz of roast beef, well cooked, with a spoonful of bovril or sauce demi-glace. Pass through a fine sieve, put it back in the mortar, and crush it well with the pestle. Add 4 oz. of best butter, season to taste, and keep it in a stone jar in a fresh place.

24. POTTED HAM. *Purée de Jambon.* Prepare this as in previous recipe. These kinds of potted meats are very superior to those that are bought in the shops. You are sure that they are fresh, and they are cheaper because they are made with the remains of roasts, parings of fillets, etc. They are very useful to make sandwiches. The fat of ham can be used instead of butter.

25. POTTED FOIE GRAS. *Purée de Foie Gras.* Crush 16 oz. of foie gras or parings of a cooked patty, and season with salt and pepper. A spoonful of sauce velouté may be added, and a chopped shallot browned in butter. Crush in the mortar with the liver and mix it well.

26. POTTED TONGUE. *Purée de Langue de Bœuf.* Proceed in the same way as for ham.

27. HOW TO PREPARE SANDWICHES. *Comment l'on Fait les Sandwiches.* After you have prepared your bread for sandwiches as explained above, spread a thin layer of potted ham half across the slice of bread, put another slice of bread and butter on this, press it

together, and cut it across from corner to corner to form a triangle. Arrange them nicely on a napkin. They can also be made with slices of thin ham, or with tongue, chicken, etc.

28. HOW TO PREPARE BÉCHAMEL. *Comment l'on Fait la Béchamel.* Cut an onion and a carrot into large dice, a little celery, a few pepper-corns, and some scraps of ham, fry (lightly) in a little butter ; add enough flour to make a little roux, not browned, the flour just cooked or the sauce would become black. Afterwards moisten with half milk and half good boiling white stock, a little at a time, mixing well with an iron whisk ; add garnish bouquet, mushroom trimmings, and a little salt. Let it cook a few minutes, and pass through a coarse cloth. It should be thick as a light custard.

29. HOW TO PREPARE THE PÂTE À CHOUX FOR RAMEQUINS, ETC. *Comment l'on Fait la Pâte à Choux.* Boil one pint of water with a pinch of salt and pepper and 4 oz. of butter. When the butter rises to the surface, remove the liquid from the fire, and stir in 8 oz. of flour. When the paste is smooth, let it dry until the butter runs, then remove it from the fire, and two minutes later add six to eight whole eggs, one after the other, mixing them well with the paste to make it soft.

30. HOW TO PREPARE PUFF PASTE FOR BOUCHÉES, RISSOLES, ETC. *Comment l'on Fait le Feuilletage.* Put 1 lb. of fine dry flour on the marble paste-board in a ring, in the middle put a tea-spoonful of fine salt, half a pint of water, and a bit of butter the size of an egg. Mix these well together, always stirring from the middle, and be careful not to let the water break through the ring of flour ; when it is well mixed together, soft and smooth, roll it out three times by pressing it between the palm of the hand and the table ; when this is done, roll it into a ball and begin over again ; flour the table for the last time, and then roll it into a ball, thrust your fist into the middle, and cover with a cloth to prevent its getting hard on the outside, then set it on one side for

an hour or two. Take the remainder of the pound of butter, press and beat it against the table to extract all the water from it, roll it into a flat cake and put it by for further use. In summer butter should be placed in the ice-box ; it is essential to make pastry with firm butter or else it is unfit for use. The butter should always be rubbed into the flour first, and be careful never to put too much water, or the pastry will be heavy and very difficult to roll out, and if the paste is too hard and the butter soft, the first rubs through the latter and sticks to the slab of marble, then you require more flour to prevent it sticking, and this spoils the pastry. Always use very little water to mix the ingredients, putting in a small quantity at a time. Now take the paste that has been set on one side for an hour or two, roll it out on the slab of marble, which must be quite clean and with a little flour dusted over it, press it out with the rolling-pin a quarter of an inch thick, flatten the butter to twice this thickness and place in the middle, fold the edges of the paste over this lengthways and crossways to completely cover it ; roll this out and let it remain ten minutes ; then fold together again, always keeping in a square, and pass the roller straight across it to make it even all over, continue this operation six times, allowing ten minutes interval between each process of rolling out. At the final turn only fold the paste in two, and roll it out to the required thickness. In winter it is better to roll it out one or two more times. To make the bouchées it is better to have the pastry firm and not too light.

31. How to MAKE BOUCHÉES. *Comment l'on Fait les Bouchées.* Roll out some fine pastry as preceding recipe, a quarter of an inch thick. With a fluted pastry cutter, the size of a five-shilling piece, cut out the bouchées and place them on a floured tin dish, brush over with yolk of egg, then take a plain pastry cutter (a smaller size than the first), dip it in warm water, and press it into the pastry to form a circle ; this is the lid.

Bake in a hot oven, turning the dish round to allow the pastry to be equally cooked. When they are baked a golden-brown, take off the little lids with the point of a small knife, pass your finger inside to open them well, and the bouchées are ready to be filled and served.

32. HOW TO COOK BOUCHEES. *Comment l'on Cuit les Bouchées.* Before putting the bouchées in the oven, it is essential to know that it is of the right heat. If it is too hot the pastry rises too quickly and sometimes on one side only, or else it is burnt before it has time to rise ; and if it is not sufficiently heated the butter melts, and the pastry spreads itself out. To be able to judge of the proper degree of heat, hold your hand inside for one minute, and if you find it unbearable, then the oven is hot enough. Allow the bouchées to cook for 20 minutes, and keep the oven to the same heat.

33. HOW TO COLOUR BOUCHEES. *Comment l'on Colore les Bouchées.* Put the yolk of an egg into a basin with a tablespoonful of milk and a pinch of sugar, and beat it well with the brush and pass on top of the bouchées ; the sugar gives a brilliant look to the pastry ; the egg alone catches the heat before the pastry is cooked. It should always be a golden brown when done.

34. HALF PUFF PASTE. *Le Demi Feuilletage.* Proceed as in the puff paste ; the only difference being that you put 8 oz. of butter to 1 lb. of flour, and instead of rolling it out six times you only do it three or four times at the most. Properly made, this pastry is delicious. Vols-au-vent and bouchées may be made of it. It is drier than that of the former recipe, and is always used for rissoles, chaussons, petits pâtés, fourrés, etc. In hot weather, in the intervals of rolling, the pastry should be placed on a tin dish over ice, and covered with a cloth ; this keeps the butter from melting.

35. SHORT PASTE FOR TARTLETS, ETC. *Pâte Brisée pour Tartelettes, etc.* 16 oz. of Hungarian flour, 8 oz. of best butter, three yolks of eggs, half a pint of cold

water, and a pinch of salt. Form this into a smooth paste without rolling it out, and let it lay by before using it. This paste must not be too soft.

36. OYSTERS. *Les Huitres.* These should be chosen of first quality, and opened at the last moment, leaving the oyster lying in the bottom shell to keep it in as much of its own water as possible. Place them on a dish and napkin garnished with parsley ; or, instead of a napkin, put on the dish a layer of broken ice, and dish the oysters on top. A lemon cut in quarters should be sent in at the same time.

37. OYSTERS WITH SHALLOT SAUCE. *Les Huitres Sauce à l'Echalotte.* Put in a basin and well mix some finely chopped shallot, a little vinegar, and crushed pepper. Serve with the oysters, a drop on each oyster.

38. OYSTERS WITH HORSE-RADISH SAUCE. *Les Huitres avec la Sauce Raifort.* Put in a basin a horse-radish scraped, a pinch of sugar, salt and white pepper, a spoonful of cold bread sauce (or some finely grated bread-crumbs), a spoonful of vinegar ; mix, and add the same amount of whipped cream.

39. SARDINES WITH OIL. *Sardines à l'Huile.* Open a tin or box of sardines ; dress as it is on a fancy serviette or on a plate, bouquets of parsley around it.

40. SARDINES OF ROYAN. *Sardines de Royan.* The sardines of Royan are very small and delicate ; they are sold in oval boxes. Send to table as in former recipe.

41. SARDINES WITH TOMATO SAUCE OR BORDELAISE SAUCE. *Sardines à la Tomate or Bordelaise.* Arrange as in former recipe.

42. SARDINES ON TOAST DRESSED IN RUSSIAN WAY. *Sardines sur Toast à la Russe.* Cut a slice crossways from a long loaf as for sandwiches, and about a quarter of an inch in thickness. Toast it lightly and of a good colour, so that it remains crisp and dry, butter it at once, and cut it into oblongs which should be slightly longer and wider than the sardine. Have some sardines with the

bones taken out, pick them carefully without spoiling them, and lightly sprinkle with cayenne ; sift two or three times, add to it the same volume of melted butter and a slight taste of anchovy sauce. Stir this up thoroughly, and spread a thin layer on each canapé or toast, and on top place a cayenned sardine. Place the rest of the paste in a bag with small sockets, and press small pieces of white of hard-boiled egg to relieve the eye. Pour some half-melted jelly lightly over so as to give a specially shining effect. Then dress tastefully on plates. In dressing it, quartered eggs with caviar may be interpolated with the sardines. This is very pretty, and in the middle may be placed a little bunch of mustard and cress, which has been thoroughly cleaned. Fish jelly is preferable for this work. It is also usual to replace the circle of points and butter round the sardines by whites and yolks of eggs separately cut up.

43. ANCHOVIES OF NORWAY PICKLED. *Anchois de Norvège (or Kilkis)* are sold in barrels of all sizes. Open a barrel and take out a few anchovies, place them one beside the other in a small dish, and serve. Garnish with mustard and cress.

44. STUFFED FILLETS OF ANCHOVIES. *Filets d'Anchois Farcis.* Let the fillets remain whole, then with a forcing bag and pipe apply a little stream of anchovy stuffing. Roll each fillet together, and arrange on a dish. I do not recommend the filleted anchovies sold in bottles : they have a peculiar taste. It is preferable to prepare them yourself.

45. SALT FILLETED ANCHOVIES. *Filets d'Anchois Salés.* Put some anchovies to soak in water, rub them between the finger and thumb in water to take off the skin. Wash several times in different waters ; this facilitates getting the fillets from the bones. Place the fillets on a plate and take off any bones, cut into two or three fillets lengthways. Arrange in coquilles or small dish, placing one pile lengthways and the other crossways. Season with oil and vinegar. At

the sides put a little chopped white and yolk of egg, hard-boiled, some parsley and shallots blanched.

46. FRESH HERRINGS PICKLED. *Harengs Frais Marinés.* Clean 12 herrings. In a fish-kettle put a quart of white vinegar, add some slices of carrots, the red part only and cut with a fluted vegetable cutter, two moderate-sized onions in thin slices, 20 pepper-corns tied in a piece of linen, a good garnish bouquet, and one glass of water. Boil this for 15 to 20 minutes. Cut the heads and tails from the herrings and put them in this marinade, and let it nearly boil ; then lift the fish out and let them cool. Now arrange them on a dish with alternate rounds of carrots and onions placed on the herrings, garnish round with half slices of lemon, and serve. This is an excellent summer dish. The fillets of herrings may be cooked in the same way.

47. FRIED HERRINGS PICKLED. *Harengs Frais Marinés.* Take some fried herrings and arrange them in a dish with rounds of vegetables alternately placed, and cooked as explained before. Pour over some boiling vinegar.

48. RUSSIAN HERRINGS PICKLED. *Harengs Russes Marinés.* These are sold in barrels like anchovies. Cut the herrings into 3 parts ; take off the heads and tails, and arrange nicely in a special dish for this purpose. You can garnish with slices of onion boiled in white vinegar, and mixed with sliced gherkins or beet-root.

49. PICKLED HERRINGS, CALLED BISMARCKS. *Harengs Marinés à la Bismarck.* As preceding recipe : and serve *à la* same.

50. FILLETS OF SMOKED HERRINGS. *Filets de Harengs Fumés.* Cut off the heads and tails of two red herrings, and grill a little ; this makes the skin easier to take off. Take off the fillets and cut across the middle, then cut into small fillets. Arrange these nicely on a dish, moisten with a little oil and vinegar, scatter round them some chopped capers, parsley and egg, and serve.

Fillets of smoked herrings preserved in tins are sold by grocers, and are excellent and ready for use.

51. GERMAN FILLETS OF SMOKED HERRINGS. *Filets de Harengs Fumés à l'Allemande.* Prepare a potato salad ; cut in julienne, and add some gherkins in shreds, some filleted herrings, some white of hard-boiled egg chopped fine, a little julienne of beet-root, and a spoonful of whipped cream. Serve in a salad bowl ; at the bottom put some hearts of lettuce cut in four ; pass the yolks of the hard-boiled eggs through a sieve on to the top of the salad.

52. SMALL PICKLED MACKEREL. *Petits Maquereaux Marinés.* Take off the fillets of two mackerel, and cut each fillet into three crossways then in two long-ways to make them the shape of a finger. Now put a glass of pure vinegar into a saucepan with some slices of onion and carrot cut with a vegetable cutter (*emporte pièce*), a garnish bouquet, pepper-corn, salt and parsley, and boil. Plunge the fillets of mackerel in this to boil and let them cool in this preparation. Send to table same way as the herrings.

53. PICKLED FILLETS OF MACKEREL. *Filets de Maquereaux Marinés.* The same as preceding recipe, and serve in the same way.

54. PICKLED MACKERELS' ROES. *Laitances de Maquereaux Marinés.* Prepare the soft roes of mackerel like those of the herrings. They are not so delicate in taste or so *recherché* as the latter.

55. PICKLED TUNNY FISH. *Thon Marinés.* Tunny is sold preserved in tins. Take out of the tin and cut in slices ; arrange these nicely on a special dish ; garnish with gherkins cut in shreds, capers, white and yolk of egg chopped, parsley and chervil. Moisten with a little of its own oil and a dash of vinegar and serve.

56. TUNNY FISH WITH BACON. *Thon Bardé.*

57. TUNNY FISH WITH TOMATO SAUCE. *Thon à la Tomate.* These two kinds of tunny fish are excellent as hors-d'œuvres ; but ask for the brand of Loubrie

(Bordeaux). Can be easily opened and left in the jars. To be served on a fancy serviette.

58. FRESHLY SMOKED SALMON. *Saumon Fumé.* Choose a freshly smoked salmon and cut in thin slices ; arrange nicely in a proper dish, and garnish with parsley. To be served with slices of brown bread.

59. LAX OF NORWAY. *Saumon de Norvège en Boite.* The lax of salmon cut in small squares and preserved in oil. It is well known in London. Serve as you would sardines.

60. CARPS' ROES. *Laitance de Carpe.* Slightly poach some soft roes of carp in a little water and salt. Let them cool, then bread-crumb and fry them. Serve with sauce verte or persillade, or cut in scallops and heat in a little sauce matelote. Can be had from Appenrodt, 1, Coventry Street, London.

61. DRESSED CRAB. *Crabe Dresée.* Cook the crab. Directly it is done drain from the liquor to prevent the flesh from becoming spongy, pull off the legs, cut them at the first joint, and keep the claws. Now pass the point of a strong knife between the two shells, and follow the black line traced round the joint to separate them. Crush the bony part inside to remove the white flesh, put this on one side and take out the creamy part. Well clean and wash the top shell ; now add a pinch of mustard, one shallot, chopped and blanched, a gherkin, a little parsley and chervil, pepper and salt. Chop these ingredients well together. Now cut the white flesh in thin slices, mix them with the creamy part, and fill the shell that has been cleaned. Put some of the white of a hard-boiled egg through a sieve, or chop it ; form a design or ribbon on the centre with some of the yolk prepared in the same way and placed beside the former. On the top of this stick in one or two rows of the claws and some capers. Serve on a napkin with a garnish of parsley. They can also be served in the following manner. At each side of the shell put the creamy part chopped fine. In the middle put the white flesh cut

up. Between this part alternate rows of the claws and capers at certain distances from one another. Garnish with chopped eggs and some of the legs. Serve as in previous recipe. In this way the colours are separated, but they must be mixed in the serving because the white flesh of the crab is not so highly seasoned as the other part.

62. PLAIN PRAWNS. *Crevettes dites Bouquet au Naturel.* Choose big prawns (called bouquet), very fresh; cut off the heads, tails, etc., and pile them in a pyramid on a dish. Garnish with parsley, and keep in a cool place until served.

63. PRAWNS. *Crevettes dites Bouquet.* Cook the prawns and let them cool in their liquor. Clean and serve them on a bed of parsley. Serve a sauce mayonnaise separately. The tails may be freed from their shells, but they should be eaten at once, because they soon lose their flavour. Serve with brown bread and butter. Shrimps can be served in the same way.

64. PRAWNS (DRESSED). The same as preceding recipe; but serve with lemon cut in quarters.

65. SLICES OF SMOKED COD ROE. *Tranches de Laitance de Cabillaud.* Choose a smoked cod roe, fresh and not too dry, cut it into the necessary number of slices, arrange them on a ravier or special dish, garnish with mustard cress, and serve. To preserve cod roes they must be hung up in a dry current of air, and, as far as possible, wrap them in a larded or oiled paper.

66. PICKLED CRAYFISH TAILS. *Queues d'Écrevisses Marinés.* Take off the shells of some cooked crayfish, pile the tails in a dish, and moisten with a little vinegar. Put parsley round the dish.

67. BUISSON OF CRAYFISH. *Buisson d'Écrevisses.* Cook the crayfish and let them cool in their liquor. Truss and serve them piled high in a special dish; garnish with parsley. Send to table with a sauce mayonnaise or remoulade.

68. CRAYFISH. *Écrevisses au Naturel.* The same as

preceding recipe, but truss and serve them on a bouquet of parsley.

69. CAVIAR. To obtain good fresh caviar it is indispensable that application should be made direct to one of the houses making this a speciality. Otherwise there is a probability of paying dearly for an inferior quality, either too old or very frequently adulterated. Good caviar should be rather thick in large easily-detachable grains, light and free from any bitter taste. On the other hand, second quality caviar is thick and mealy, sometimes even hard ; the grains are small and form a sticky paste with a rancid, oily, fishy taste, and is certainly deleterious to health. The price charged by houses making this a speciality is usually about 15s. a pound ; inferior descriptions of this luxury, sold in small retail quantities, are frequently more expensive. Caviar is the roe or eggs of the sturgeon or the sterlet, salted or pickled ; the latter method of preparation is preferable.

70. CROUTE OF CAVIAR PRINCE CYRILLE. *Croûtes de Caviar Prince Cyrille.* Put a thin layer of curry butter as in a previous recipe (13) in the centre, put a ring of white of hard-boiled egg ; fill this ring with caviar, and cover it all with jelly aspic ; on top of each, add a pinch of yolk chopped fine. Serve on a fancy serviette.

71. FRESH CAVIAR. *Caviar Frais.* Good caviar is the kind that is freshly salted. Arrange it in a coquille or special dish, and garnish with slices of lemon. A plate of brown bread and butter should accompany it to table. The caviar sold in little jars or barrels can be sent to table in same, and placed on a folded napkin on a dish.

72. CROUTE OF CAVIAR. Cut some square slices of bread, not too thick, and fry a golden yellow. When cold garnish with fresh caviar. You can encircle them with some hard yolks rubbed through a sieve. Send to table with lemon. The tinned caviar, too often used,

has not the same taste as the fresh caviar, generally having a fishy or oily taste, which disgusts most people, and prevents them ever liking it. Never use any but the fresh, so easily procured now in London in all the good shops. How often have I seen the preserved caviar thrown away because unfit for use.

73. HARD-BOILED EGGS WITH CAVIAR. *Œufs Durs au Caviar.* Carefully take the shells off some hard-boiled eggs, pass through cold water and dry them. Now cut a thin slice off one side of the pointed end, and make gashes in it to notch it, and take out the yolks. Pour a little firm jelly on a silver dish, and when cold place the eggs that you have previously garnished with some fresh caviar on this, scatter over a little of the yolk rubbed through a sieve and serve. They may also be placed on bits of fried bread, garnished with ravigotte or lobster butter. This way is more stylish than the other.

74. PICKLED BLOATERS' ROES. *Laitances de Bloaters Marinées.* Take some fresh, soft, bloaters' roes, and put them into a court bouillon with vinegar. When boiling take off the fire and cool quickly in the open air. Place them longways on fingers of toast spread with anchovy butter. Serve them in a dish on a fancy serviette; garnish with mustard cress. Serve Hovis or brown bread with this dish. A garnish may also be added of pickled onions, gherkins, and beet-roots, sprinkled with some chopped parsley and moistened with a little of the court bouillon.

75. COQUILLE OF FRESH BUTTER. Butter should always be served particularly fresh; it is so easy to buy it in small quantities at the dairies. Always send to table daintily prepared, scraped as shavings, in pats, etc., on little dishes with small pieces of ice.

76. GREEN OLIVES. *Olives Vertes.* There are three kinds of olives, the Provence, the Lucca, and the large Spanish, the latter, however, being generally used for stuffing.

77. BLACK OLIVES. *Olives Noires.* Black olives are

simply those which are quite ripe. They are the best, and are used like green olives.

78. STUFFED SPANISH OLIVES. *Olives d'Espagne Farcies à l'Infante.* Choose a small cucumber, peel it, and cut it in round slices of a quarter of an inch thick ; take from the middle so as to form a small saucer, fill this with a purée of chicken, put on top a big Spanish olive which has had its kernel taken out ; fill your olive with a reduced tomato purée making the olive look nice, and on top of all put a caper or a small bit of truffle. Round your cucumber and tomatoes to keep them in place put with a paper piping bag some tomato butter, and over all, with a spoon, pour very lightly some aspic jelly to give them a nice look. Dish them up on a fancy serviette, and garnish with a little bouquet of watercress. If you have no cucumber you can make in bread some little saucers and fry them in butter and use them instead of the cucumber ; also if you do not like the tomato purée you can use an asparagus purée or chicken foie gras, or different fish, but in that case you must alter the name. You can serve it both as hors-d'œuvre or savoury.

79. GREEN OLIVES STUFFED. *Olives Vertes Farcies.* With a small column cutter take out the stone. Now, with the bag and pipe, press into the inside a stuffing of anchovies, pinch into shape, and pile on a small dish. They can be served with the stone taken out without being stuffed.

80. FRESH CUCUMBERS. *Concombres Frais.* Peel and cut in regular slices and place in a basin mixed with a pinch of salt ; allow it to remain 20 minutes ; then strain off the water. Add a little vinegar and oil, pepper and salt, and a little chopped parsley and chervil, and serve in a hollow dish.

81. ARTICHOKE HEARTS. *Coeurs d'Artichauts.* Can be obtained at the Vegetable Meat Company, 37, Old Compton Street, W., ready for use, and of a good quality.

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	Wheat and	
	Potatoes	3d. 1lb.
„	Do. with Butter	
	and Cheese	6d. „
Ravioli	Do. with New- laid Eggs, Veal, Chicken, Vege- tables, Cheese	1s. 6d.
	and Macaroni	2s. lb.
Tortellini	Paste
	Do. do.	2s. lb.

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(Long Paste)	Per 28-lb. box.	lb.
Zita ...	King	...
Mezzani ...	Bomba	6/6
Macaroncelli	Brand	4d.
Spaghetti ...		
Capellini ...		
Lasagne ...	Finest	
Fettucelle ...	Quality	4/9
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Conchiglie ...		
Occhi di Lupo ...	King	
Canneroni ...	Bomba	6/6
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Numeri ...		Finest
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PRICE LIST ON APPLICATION.

82. CEPES ITALIAN PICKLED. *Cépes Marinés Italienne.* From the same grocer, 37, Old Compton Street, W.

83. MELONS. Water melon should never be served in good families or in any good establishment. Always use the French ones with thick rolled skins, or those with whiter and finer skins called cavaillons or locks. They are very much appreciated. Keep in a cool place or on the ice, and when sending to table, cut in thick slices, serve on a napkin with powdered sugar separately but at the same time; some people prefer salt and pepper. It is excellent either way. It may be sent to table simply whole on ice, but always place it on a napkin and dish. To be served after the soup, or as dessert.

84. CELERY. *Celeris en Branche.* Cut and trim the celery stalks, taking off the outside ones; but keep the root and trim into a point; let it soak in plenty of cold water, brush each stalk well, and cut (ciseler) to make them curl outwards; divide into two or four, and place in a special tall glass. Serve with bread and butter.

85. PINK RADISHES. *Radis Roses.* Choose some firm and fresh radishes; cut off the large leaves, the small and tender ones remaining. Wash thoroughly, and remove the dirty skin round the top; wipe well, and pile in a small dish. Serve with butter, shred or rolled. Do not slice the radish, as is sometimes done in England, as it loses its freshness and soon becomes flabby.

86. INDIAN ALMONDS. *Amandes Frites à l'Indienne.* Have the quantity of almonds you require, dry and skin them; put in a frying-pan a small quantity of best olive oil; when hot, put in your almonds, and fry them on top of a bright fire. As soon as they are of a nice golden colour, put them in a strainer and sprinkle them with salt and cayenne pepper; dish up on a serviette folded in shape of a pocket, to keep the almonds hot.

This when served as a savoury is much liked; you can serve as hors-d'œuvre or savoury, hot or cold.

87. FRIED ALMONDS WITH SALT. *Amandes Frites Salées.* When done, as preceding recipe, sprinkle them with a lot of salt to make them look as if crystallised. These almonds are served cold in little glass or silver dishes, and can be put on the table at the beginning of the dinner; it helps the digestion.

88. LYON SAUSAGE. *Saucisson de Lyon.* The Lyon sausage is the dearest and most *recherché* of dried sausages. It should not be too old or it may be rancid. Unfortunately, it is now not so well made as formerly; always buy it in shops of good standing. The flesh should be fresh and tender looking, not dry and blue; the little squares of fat white and not yellow. Cut in thin and regular slices, pile in a small dish, and serve with bread and butter.

89. BOLOGNE AND SALAMIS SAUSAGE. *Saucisson de Bologne and Salamis.* This sausage is made with mixed chopped meat of pork, the fat being well mixed with the lean. Cut it, and serve the same as in former recipe.

90. ARLES SAUSAGE. *Saucisson d'Arles.* A similar sausage to the preceding, but more appreciated because of its delicate taste. Cut and serve as in former recipe.

91. FRANKFORT SAUSAGE. *Saucisson de Francfort.* Made with veal, chopped very fine, cooked and smoked. To be served as explained before. Can be found at Appenrodt's, Coventry Street.

92. FOIE GRAS SAUSAGE A L'ALSACIENNE. *Saucisson de Foie Gras à l'Alsacienne.* This is made with foie gras, with pork stuffing round it; with truffles or pistachio nuts; cooked and coloured with saffron. It is an excellent hors-d'œuvre if nicely cut in slices and served as in former recipe.

93. MORTADELLE DE MILAN. The same kind of sausage as the saucisson de Lyon, dried and tied in a

bladder. As the slices are large, cut in four and arrange in dish. You can buy this sausage in slices, preserved in tins, but I do not recommend it.

94. RILLETTES DE TOURS AND DU MANS. Rillettes are made from the breast of pork, cut into pieces, and browned in a saucepan. Fry well to extract all the fat. Let both parts cool separately. Pass the meat through a chopping machine, heat the fat, and mix in small quantities to the minced ribbons, stirring until it is cold. Serve in small casserolets or special pots or moulds, on a dish in a dome shape, or on toast. Quenelles placed on a dish is a pretty way of serving. This makes an excellent hors d'œuvre.

95. CANAPES OF SIDE-DISHES. *Canapés de Hors-d'Œuvres.* Hors-d'œuvre canapés and croûtes should always be served cold. They should be small in size, being intended to stimulate the appetite and not to satisfy it. They may be quite simple, as in the French method, or wrapped in jelly in the Russian style, as may be judged by the following recipes. All simple canapés, particularly those of fish paste, volailles and the like, may be wrapped lightly with jelly with advantage, just enough to glaze them. These hors-d'œuvres should never be placed on the table long in advance, but should be kept quite fresh up to the last moment in order to avoid the softening of the paste, which should always be served up as a light confection.

96. CANAPES OF ANCHOVIES. *Canapés d'Anchois.* Cut from a stale loaf one or more slices as thick as a five-shilling piece; toast and butter them; cut them in pieces an inch and a half long and an inch wide. Spread on top some anchovy paste mixed with butter and béchamel sauce. On the top of this put lengthways three fillets of anchovies; garnish on two edges with a little hard-boiled white of egg and on the other two edges similarly with yolk. Keep in a cool place until wanted.

97. CANAPES OF SMOKED SALMON MUSCOVITE. *Canapés de Saumon Fumé Moscovite.* Cut some

long slices of stale bread the thickness of a five-shilling piece, toast them slowly, and put some anchovy butter on top while hot. When cold add some thin slices of smoked salmon, and place on top a small layer of fish jelly. Divide your toast and salmon in two or three long strips, according to the width of the toast, and cut these strips slanting so as to make them a lozenge shape. In the centre put a slice of gherkin well cut, and round each toast put little dots of shrimp butter or anchovy butter. Make these dots with a little paper piping bag. Serve on dish with a fancy serviette and little bouquet of water-cress. It looks nice, and it is an excellent relish.

98. CANAPES OF LAX OF NORWAY. *Canapés de Lax de Norvège.* As preceding recipe, but buy a tin of Lax de Norvège, and cut it in fine slices, and proceed as in previous recipe.

99. CANAPES OF PLAIN DRIED SALMON. *Canapés Simple de Saumon Fumé.* Same as anchovies canapés. Garnish with eggs.

100. CANAPES OF CAVIAR PRINCE SERGE. Prepare some small croûtons of bread ; fry in butter, or toast and butter them. They should be the size of a five-shilling piece. Put on top of each croûton a ring of hard-boiled egg with the yolk taken out. The slices must be cut from the middle of the egg, and each egg should give three to four round slices. Fill the open part where the yolks were with very fresh caviar. Dish it up in dome shape. Pass through a fine sieve the yolks, and garnish round the egg with it so as to hide the toast.

101. CANAPES OF CAVIAR (PLAIN). The same as preceding recipe, only on toast, and garnish with chopped eggs round it.

102. CANAPES OF KIPPER PASTE. *Canapés de Pâtes de Kipper.* You can purchase at your grocer's potted kippers, also potted bloaters and anchovies, all ready prepared. This is a help to you, but as they are always too salt to be used as they are you can prepare them as fol-

lows :—Put your paste in a basin, add to it one or two hard yolks of eggs with the same quantity of butter, work it all together till it becomes creamy, season with a pinch of pepper. If it is to be used at once you can put less butter and add some whipped cream, or you can use a small quantity of white sauce or béchamel. It will not then be too salt. Make your canapés with it, and with the piping bag make a rosette in the middle. Chop fine the yolk of a hard-boiled egg and garnish with it the two sides, and garnish the two ends with the white of egg chopped fine and dry. This has a nice appearance. Instead of eggs you can use some butter of Montpellier, and decorate it with the piping bag.

103. CANAPES OF BLOATER PASTE. *Canapés de Pâte de Bloater.* As preceding recipe, using bloater paste instead of kipper paste.

104. CANAPES OF SHRIMP PASTE. *Canapés de Pâte de Crevettes.* As preceding recipe, using shrimp paste. If you have any lobster, or crayfish, or shrimp sauce, use it to mix with your paste, or use some bovril to make it nourishing.

105. CANAPES OF ANCHOVY PASTE. *Canapés de Pâte d'Anchois.* As preceding recipe, using anchovy paste.

106. CANAPES OF SHRIMP CREAM IN DOMINOES. *Canapés de Pâte de Crevettes en Dominos.* Take some canapés of the size of a large domino ; cover them with a cream or paste made from the meat of shrimps ; cut little rounds out of truffles with a cutter mould, and place them on the canapés to represent dominoes. The divisions also should be made from truffles. It is optional to replace the shrimp paste by any other kind, such as anchovy, kipper, foie gras, etc. It is also very effective to cover the tops of the dominoes with a clear fish jelly, adding some white wine. Serve them up at once on a folded serviette, garnished with fresh parsley or mustard cress.

107. CANAPES OF SALMON WITH MONTPELLIER BUTTER. *Canapés de Saumon au Beurre de Montpellier.*

Spread the canapés lightly with salmon paste, place over them a thin slice of salmon, a little smaller in diameter ; all around work a border of Montpellier butter ; cover them with a fish jelly. Serve according to rule.

108. CROUTES OF COD ROE SMOKED "GRAND DUC."
Croûte de Laitance de Cabillaud Fumé. Cut up a smoked cod roe into round slices, not too thick, divide them in the middle with a pastry knife, put them at once on slices of fried or toasted bread, covered with a paste of cod roe made from pieces cut from the middle, and a little butter ; garnish the centre with a purée of champignons stuffed lightly with jelly ; put a small piece of truffle on the top.

109. CROUTES OF BOVRIL. On the cross of a sandwich loaf cut some slices, not too thick nor too fine ; toast them slowly so as to dry them without burning ; butter them, and trim them, and spread on top one or two spoonfuls of bovril. Cut each slice in four parts, and put on top of each a small bouquet of mustard cress. Serve on a fancy serviette.

110. EGGS STUFFED WITH ANCHOVIES "A LA GELEE."
Œufs Farcis à l'Anchois à la Gelée. As the preceding, but to be dressed in the following manner :—Have a silver dish, sufficiently large, and cover it lightly with some chopped aspic jelly taken off the ice, then place thereon the eggs symmetrically, surrounding them with jelly cut into diamond shape. It is in good taste to wrap the eggs in jelly before serving them on the dish.

111. STUFFED EGGS "WITH FINE HERBS." *Œufs Farcis aux Fines Herbes.* As before, replacing the anchovy paste or fillets by fine herbs, such as chervil, tarragon, shallots, small cress, or a little parsley ; the whole pounded and passed through a fine sieve, and thoroughly mixed with the yolks and butter.

112. HALF EGGS STUFFED. *Demi-œufs Farcis.* Cut the eggs in two, either lengthways or across, flatten the base a little by cutting, so that they may be placed

upright. Then treat them as in preceding recipes, or stuff them with any kind of fish paste or cream.

113. HALF EGGS WITH CAVIAR "A LA RUSSE."
Demi-œufs au Caviar. As the last, but remove half of the yolk, leaving a small ring of it next to the white, and with a bone or wooden spoon fill up the centre, dome shaped, with the caviar, and for the better appearance cut the edges of the eggs in a dentated manner.

Note.—Caviar must never be mixed with anything else, nor be touched by metal, but always as stated above. It should be served with little slices of brown bread and butter, no matter what other dressing is to be given; small rounds of toast are, however, optional.

114. QUARTERED EGGS WITH ASTRAKAN CAVIAR.
Quartiers d'Œufs Durs au Caviar. Cut a large and thoroughly fresh hard-boiled egg into four quarters; cut lengthways so as to make them crescent-shaped. Remove the yolk and replace it carefully with caviar; smooth with a knife. The eggs may be cut into two halves across the middle, and then the edge dentated, but in my opinion it is rather too large and satisfying for a savoury; and does not produce a prettier effect. Slices of buttered white or brown bread are generally served up with these eggs and caviar, as well as slices of lemon.

115. QUARTERED EGGS STUFFED "A LA DANOISE."
Quartiers d'Œufs Durs à la Danoise. Cut a hard-boiled egg in quarters lengthways, take out the yolk, and mix it with some fish paste; work it on to the concave portion of the egg's quarters by means of the piping bag, using a "*douille ciselée*." On this arrange a few capers, or rounds of truffles, or the like. These quarters of eggs should be covered at once with nearly fluid jelly so as to give them brilliancy. Serve them at once as explained in preceding recipes.

116. QUARTERED EGGS STUFFED "A LA FRANCAISE.

Quartiers d'Œufs Farcis à la Française. As the preceding, replacing the fish paste by a purée of foie gras, chicken, or game. These quarters should be covered with a jelly, placing them on small croûtons of fried bread, so that the jelly may unite the quarters and the bread ; this is the more elegant method.

117. CROUTES OF HARD-BOILED EGGS "NICOISE." *Croûtes d'Œufs Durs Niçoise.* Cut the centres of hard-boiled eggs into three parts, take out the yolks, leaving the whites in rings. Place them on croûtons of fried bread of equal size ; fill up the empty portion to a dome shape with a purée of onions, well blanched, reduced, and firm, or lightly stiffened with nearly fluid jelly ; on the top arrange a stoned black olive, and surround it with some small bits of truffles cut with a mould called "colonne." Cover the whole with nearly fluid jelly, and serve as soon as cold. It is optional to replace the onion purée by one of chicken, foie gras, or some fish. Also the method of decoration may be altered at will.

118. STUFFED EGGS WITH ANCHOVIES. *Œufs Farcis à l'Anchois.* Take some fresh hard-boiled eggs, shell them, cut off the two ends straight, and from the smaller end remove the yolk carefully, taking great care not to break the white. Pass the yoke through a cloth sieve, and put it in a pie-dish, adding an equal quantity of butter, as much of anchovy paste, a small spoonful of béchamel sauce, and a pinch of cayenne pepper, or tabasco, working all together into a paste. Then with the piping bag fill the interior of the eggs, taking care not to break the surface. Place a caper on the top, and a few more around. Dish up at once with a little parsley on a folded serviette. You can replace the béchamel by bovril.

119. PLOVERS' EGGS. *Œufs de Pluviers.* These are usually bought ready cooked, and are served up in a nest of moss, which the shop also supplies. Serve separately little slices of bread and butter ; also sauce mayonnaise or Montpellier butter.

120. PLOVERS' EGGS "A LA FIFE." *Œufs de Pluviers à la Fife.* Peel a fair-sized cucumber, cut it in slices an inch thick with a fancy pastry cutter, making them all the same size at once, and taking out the middle so as to have a ring-shaped piece left. In the centre of each place a plover's egg, the pointed part upwards, then by means of the bag with a "douille" push a border of Montpellier or Ravigotte butter between the egg and the cucumber so as to consolidate the two portions. On the top of the egg squeeze a little rosette of the same butter. Dress at once on a fancy serviette, and serve bread and butter at the same time.

121. PLOVERS' EGGS IN ASPIC. *Œufs de Pluviers en Aspic.* Place several dariole moulds of sufficient thickness in the centre of a shallow dish; between the moulds put some pounded ice. Cover the bottom of each mould with a little aspic jelly that has just set, not too warm. Leave it to cool in the ice. Add the egg in it. Fill up the mould with jelly. Just before serving dip the mould into tepid water, so as to turn the jelly out of the mould easily. Place the contents on small slices of toast. Arrange a little shaped jelly around on the dish and serve.

122. CROUSTADES OF PLOVERS' EGGS GORDON. *Croustades d'Œufs de Pluviers à la Gordon.* Prepare some croustades in paste, cooked white, and moulded in medium-sized tartlet moulds or godet moulds; fill them about three parts full with a fine purée of chicken, plover, or other game; in the centre of each, place a plover's egg. Put a light border of the same purée around, cover the whole with jelly not quite cold, dish up on a folded serviette, and serve.

123. CASSOLETTES OF BEET-ROOT POLONAISE. *Cassollettes de Betterave Polonaise.* Take a medium-sized beet-root and cut it in slices about an inch thick with a paste cutter, and scoop out part of the middle of each, so as to shape it like a small saucepan or cassolette. Fill these with the following stuffing:—Cut into small dice

some gherkins, hard-boiled eggs, anchovy fillets or tunny fish or filleted herring or smoked salmon, or, if preferred, some cooked chicken. Add some chives or onions and chervil, cut fine. Season with salt, pepper, oil, and vinegar. Fill the slices of beet-root in a dome-shape, and keep in a cool place till wanted. Serve them up tastefully in a nice dish, and garnish with a bouquet of parsley or mustard cress.

124. HUNGARIAN BARRELLED EGGS. *Baril d'Œufs à la Hongroise.* Take some hard-boiled eggs, strip off the shells and cut the two ends so as to shape them like a barrel ; take out the yolks from one end, and fill up the interior with the stuffing given in the preceding recipe, adding to it the pounded yolks. Encircle the eggs with fine strips of filleted anchovies, so as to imitate the hoops of a barrel. Glaze, if desired, with fish or meat jelly. They can be filled up with any kind of fish, chicken, or game paste.

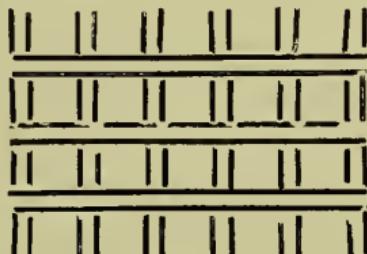
125. QUARTERED CUCUMBERS "A LA RUSSE." *Barquettes de Concombres à la Russe.* Peel a nice fresh cucumber, and cut it in slices one or two inches thick ; cut these again in half, lengthways, take out the seeds, leaving each piece in section something like a crescent moon. With the piping bag fill up with anchovy paste, or a cream made with sardines, smoked herring, haddock, or salmon, according to taste ; decorate with one or two capers on the top ; dish up, and garnish with some parsley. These quartered cucumbers may be glazed with fish jelly, and must be kept in a cool place until wanted.

126. CASSOLETTES OF CUCUMBERS GARNISHED. Proceed as for cassolettes of beet-root, but before putting in the stuffing, place the slices of cucumber in a dish for ten minutes with some salt to take off the acid, and then in another dish for an hour with vinegar. Stuff them as already directed. It is optional not to use the vinegar.

127. CUCUMBER SALAD. *Salade de Concombres.* Peel

a very fresh cucumber and slice finely ; sprinkle some salt over, and let it stand for about twenty minutes ; drain it, and season with oil and a little vinegar, salt, a pinch of pepper, and a small spoonful of chopped parsley. Mix it well together, and serve in a radish plate tastefully arranged.

128. BEET-ROOT. *Betterave.* Choose a nice beet-root, tender and not stringy, peel and cut in slices, and then again into strips ; dish them up on a ravier or radish-plate in this way :—



Garnish with oil and vinegar. They may also be simply cut into pieces, and served up neatly on a dish.

129. BEET-ROOT SALAD. *Salade de Betteraves.* Take a nice cooked beet-root, peel and cut it in fine slices or julienne into a salad bowl. Season with salt, pepper, vinegar, and salad oil.

130. PICKLED BEET-ROOT. *Betterave Marinée.* As preceding recipe, but fill it into jars or glasses. Cover with boiling spiced vinegar. Cool and tie down. Always remember that when any of this is taken out of the jar the cover must be replaced, otherwise the air would spoil the remainder. You can add some horseradish in the vinegar.

131. CANAPÉS WITH HARD-BOILED EGGS. *Canapés d'Œufs Durs.* Spread a thin layer of bloater, anchovy, or other paste on the canapé. Arrange carefully over that some chopped white and yolk of hard-boiled eggs, but do not mix them. Put some chopped mustard cress around.

132. GLOBE ARTICHOKEs. *Artichauts.* Choose some

small and very tender globe artichokes, and trim the tops of the leaves; take off the hard ones from the outside, and cut off the stalk; wash and strain well. Serve on a folded serviette.

133. LIVER SAUSAGES. *Saucissons de Foie.* Make with pig's or calf's liver and lard, mixed with flour and eggs.

134. PARIS SAUSAGES. *Saucissons de Paris.* Lean and fat pork, chopped together, and cooked in some special stock. Garlic may be added at discretion.

135. CERVELAT SAUSAGES. *Cervelat.* Similar to Paris sausage, but the meat is usually of inferior quality, and the sausages are smaller.

136. SMALL PATTIES "DEMI-DEUIL." *Petits Pâtes Demi-Deuil.* Have some nice little short-paste patties; they must be hollow in the middle. Fill them up with a fine purée of volaille mixed with the same quantity of cold sauce suprême and well seasoned, on top put a little dome of truffles purée, soak in some beef glaze and madeira or bovril. Dish it up, and serve on fancy serviette, with curly parsley by the side.

137. CROUTE OF CHICKEN WALDIMIR. *Croûte de Volaille Waldimir.* Cut slices from a sandwich loaf, out of these slices cut some small circles about the size of a five-shilling piece, and of about the same thickness. Fry them lightly in melted butter, and allow to cool. Dress with a thin, slightly raised layer of purée of good volaille, worked up with half its volume of good velouté; touch it up with a trifle of cayenne or tabasco. Place on top and in the centre a fine olive, or proceed in the same way with anchovy paste. Cover the whole with jelly, and press at once over all a little minced yolk of hard-boiled egg. Dress nicely. The purée of volaille may be replaced by foie gras, or the two may be mixed. For this effect, dressings of foie gras are utilised, and also the leavings of either the one or the other, which does away with a large part of the expense without harming the quality.

138. CUCUMBERS WITH ANCHOVY CREAM. *Concombres Farcis à la Pâte d'Anchois.* Peel a cucumber that is not too large, cut it in slices half an inch thick. Remove part of the inside with a vegetable cutter. Sprinkle with salt to make the acid run, then wipe and fill with some anchovy cream pressed from the forcing-bag. Put a caper on the top of each, and serve on a serviette or a paper placed on a dish garnished with sprigs of parsley, or mustard cress. To make the anchovy cream proceed as follows:—Take some anchovy paste and mix with a little anchovy sauce or béchamel. If neither of the former are to be had, use butter mixed with a small quantity of whipped cream. Shrimp or bloater paste may be used instead of the former if preferred.

139. QUARTERED TOMATOES WITH SHRIMP PASTE. *Quartiers de Tomates Farcis à la Pâte de Crevettes.* Cut a moderate-sized tomato in eight pieces. Remove the seeds and juice. Put some shrimp cream into the forcing bag with a fluted pipe, and press it in the inside of the pieces of tomato. Serve as in former recipe.

140. BOMBAY DUCKS. Can be bought in paquet. Grill them lightly, and dish them in a serviette.

141. TERRINE OF FOIE GRAS. Open your terrine or jar of foie gras, and serve it on a fancy serviette or folded in artichoke form.

PASTES.

142. PASTES (PATES). All pastes, such as macaroni, rubans, raillerisses, spaghetti, vermicellis, nouilles, etc., are excellent substances with which to prepare the first dishes at luncheon; good savouries can be made with them, and they are rapidly coming into fashion in this country. In order to appreciate and make known their good qualities, I would recommend that great care be taken in the preparation of the various dishes.

1st. Choose it as fresh as possible, light coloured and not a dirty brown.

2nd. Never let it cook too much, or otherwise you

will have a purée, with no taste. Let it be a little firm, and when it breaks easily it is cooked.

3rd. If it has been cooked beforehand, as is the habit in many hotels and restaurants, when cold it retains some water, so always boil it again in salt water before preparing it, and strain while hot.

4th. As soon as it is strained, replace it in the saucepan, and add the butter to prevent it from breaking up.

5th. All these sorts of pastes should be treated in the same way.

6th. The nouilles are better prepared by one's self, as I have never seen or been able to make good dishes with those bought from the dealer.

7th. The cheese used with these dishes should always be very fresh, especially the Parmesan. It is really difficult to find the genuine kind, which is quite different in taste to any other kind. It can, however, be obtained at the Vegetable Meat Company, 37, Old Compton Street, London, W.

143. HOW TO COOK ALL KINDS OF MACARONI. *Manière de Cuire tous les Genres de Macaronis.* Put a sufficient quantity of water into a saucepan to "poach" the macaroni, salt slightly and set to boil. Then take hold of one end of the macaroni and plunge it into the boiling water; as soon as it sinks press lightly and stir gently, so as not to break the pieces. Cook for about half an hour.

If for immediate use it must be thoroughly cooked, but if it is to be used later on; it should not be quite prepared, and as soon as cooked put into a basin.

If much water is put on the macaroni it swells to several times its natural size, whereas if too little water is used it becomes dry and black.

When it is required to garnish a soup, take one or two cooked sticks, cut them into small pieces, and place them in a small quantity of hot consommé; let it boil a minute to remove the taste of the water, then take it out and place in the soup before serving. Neapolitan macaroni of medium size is preferred for soups, the

coarser kinds being better liked *au gratin* or in sauces.

Spaghettis, vermicelli, taillerini, nouilles, etc., are all cooked in the same way.

144. How to MAKE THE NOUILLES. *Manière de Faire les Nouilles.* On the Continent fresh nouilles can be bought every day at special shops, but this is not possible yet in Great Britain, where, unfortunately, they are not yet sufficiently used. Fresh nouilles being far superior to those imported, I give the following recipe. Take one pound of well-sifted and dry flour, put it on a marble table, make a hollow in the centre, and in this hollow put 4 or 5 eggs, a pinch of salt, a spoonful of milk, and a piece of butter about the size of a small egg. Gradually knead all together until it remains firm, take small pieces of it in the palm of the hand, and press on the table three times; then form it into a ball and fold in a cloth for about an hour, and put it in a cold place. When the paste can be indented with the finger it is ready for use, but unless this can be done it should be left a little longer. When ready place on the marble slab and sprinkle with flour, rolling it gently until it is about a quarter of an inch thick. Let it dry for a few minutes, then cut it evenly on all sides, take the two extremities and fold towards the centre, then refold so as to leave the extremities inside. Take a sharp knife and cut the nouilles to the same thickness as the paste. Cut in the desired shape, and arrange each length on a cloth to dry, and to prevent their adhering sprinkle with flour, if a yellow colour is necessary this may be had by using the yolks of 6 eggs instead of 3 whole eggs; cook as explained before.

145. How to MAKE CANNELONIS. *Manière de Faire les Cannelonis.* These may be prepared in the same way as nouilles. Cut the paste into strips about half an inch wide, on one of these place a narrow length of fowl stuffing. Cut the paste and fold it over the stuffing, wetting the edges so as to make them adhere.

This makes a small stick of cannelonis, and as many of these as may be required can easily be made.

They are then poached in salt-water for a few minutes, until the stuffing is sufficiently cooked, dress in the dish and cover with some good tomato sauce.

146. HOW TO MAKE RAVIOLIS. *Manière de Faire les Raviolis.* Raviolis are prepared in a similar way to nouilles. When the paste is rolled sufficiently thus, pare the sides, place small balls about the size of a nut, made of fowl stuffing, at regular intervals, and damp the intervening spaces with water. Cover over with the second portion of paste, taking care not to crush the balls, and join the edges by pressing with the fingers. Cut out the raviolis with a fluted kitchen roulette, so as to preserve them separate and square shaped. Sprinkle with a little flour, and keep them between two cloths, or poach at once.

147. REMARKS ON THE RAVIOLIS. They can really be made any shape required. They may be made like rissoles, by being cut round with a pastry knife, and pressed into shape around the stuffing. Another way is to cut the paste into the edges. The stuffing is improved by mixing a little spinach with it; in Italy and the South of France thistles, properly cooked and minced, are added.

Roulette knives, specially made for cutting raviolis, may be purchased, and in this way much time may be saved.

Raviolis are sometimes served separately in a vegetable dish. When this is done they should be strained as soon as they are cooked, put into a frying-pan with a little butter, and mix for a few minutes, so that they may absorb the butter, but never mix with a spoon. Whenever the butter forms a thin coating they should be sprinkled with fresh Parmesan cheese properly grated. Pour the sauce over and serve.

148. HOW TO MAKE FRENCH GNOCCHIS. *Manière de Faire les Gnocchis Français.* Prepare a little pâte à

choux in the following way: Pour half a pint of water into a saucepan, add a pinch of salt, pepper, sugar, and about an ounce of butter, boil and next add about 3 oz. of well-sifted dried flour, stir well and cook for a few minutes. Next put it into a basin, add an egg, and knead well, after which another egg is added so as to mix it thoroughly; add a handful of grated Parmesan and Gruyère cheese, well mixed with a pinch of nutmeg; after the mass is thoroughly amalgamated put it into a linen bag with a medium-sized pipe. Have ready a pan filled with slightly salt boiling water, take the bag in the left hand and press it in order to force out the paste in strings; these strings are cut into pieces and dropped into the pan of water. Care must be taken to keep the knife damp with the boiling water to prevent the gnocchis sticking to it. The pan is then put upon the fire, and the contents boiled slowly for a few minutes; drain and prepare as explained later on.

149. HOW TO MAKE ITALIAN GNOCCHIS. *Manière de Faire les Gnocchis Italienne.* Prepare some pâte à choux in the same way as the preceding. Bake some potatoes, and when they are sufficiently cooked take out the insides and rub quickly through a fine sieve, with the aid of a wooden spoon, until the proportion of potatoes equals that of paste, which should be well mixed with half its quantity in weight of eggs, put one after the other, and finish by adding some grated Parmesan cheese, a pinch of salt and pepper. When it is well mixed, roll the paste into thin strips, and cut these into pieces, placing these small pieces on a hair sieve which has been powdered with flour. Roll the sieve well so as to make the gnocchis nice and round, then put them into the boiling water, and poach gently, finishing as in the preceding case.

150. HOW TO MAKE CHICKEN GNOCCHIS. *Manière de Faire les Gnocchis à la Volaille.* Prepare a pâte à choux as explained for the French gnocchis, have the same quantity of fowl stuffing as of paste, and knead them

gradually until thoroughly mixed, using one or more eggs to accomplish this ; add a pinch of salt, pepper, and nutmeg. Poach and finish as directed before.

151. HOW TO MAKE GERMAN GNOCCHIS. *Manière de Faire les Gnocchis à l'Allemande.* Soften 4 oz. of butter in a basin or saucepan and work it thoroughly with a spatula until it begins to cream ; add the yolks of four eggs one after the other. When this has become nice and light, put an equal quantity of well-dried flour, and finish by adding some grated Parmesan cheese ; mix the whole most thoroughly, using the white of one or two eggs. If necessary, roll, poach, and finish as explained before.

152. PLAIN MACARONI WITH CHEESE. *Macaroni au Fromage.* Cook some Naples macaroni (it is the best). When cooked, strain it very hot for a few minutes, replace in saucepan and season with salt and pepper ; add a piece of butter (not too much). Keep hot on the fire, and stir or shake it until it has lost all dampness ; as soon as the liquid part is white and sticky, dish it, as if it waits too long the butter turns to oil, which spoils it. Take it quickly from the fire, it will then get back its proper consistency ; serve Gruyère or Parmesan cheese, grated fine, in a shell dish. The two cheeses can be mixed.

153. MACARONI WITH TOMATO SAUCE. *Macaroni à la Sauce Tomate.* Proceed as in the previous recipe. As soon as dished, pour over it some good tomato sauce, according to the quantity, and scatter over it a handful of grated Gruyère or Parmesan cheese, or serve separately, as stated before.

154. MACARONI WITH GRAVY. *Macaroni au Jus.* Cook your macaroni as before, and replace the tomato sauce by some good beef or veal gravy, or you can replace these gravies by a spoonful of bovril, mixed with some boiling water.

155. MACARONI WITH CREAM. *Macaroni à la Crème.* Cook your macaroni as explained before, and

as soon as it is sufficiently cooked, add, according to the amount, one or two spoonfuls of thick cream ; stir well to mix, and dish.

Cheese can be mixed with it also, taking care to stir it well until the cheese becomes stringy ; then add the cream.

156. BROWNED MACARONI. *Macaroni Gratiné.* Cook it, following the directions as before. Now add sufficient grated fresh Gruyère and so much Parmesan, and keep stirring it on the fire until the cheese runs, then put into a dish (silver or porcelain). Scatter some more grated cheese over the top, some little bits of butter, and put it to bake in an oven, or under the salamander. A hot oven is preferable, as it should be a nice brown colour all over and very hot inside.

157. BROWNED MACARONI WITH BECHAMEL. *Macaroni Gratiné à la Béchamel.* As explained before, but directly the macaroni is mixed with butter, add one or two spoonfuls of béchamel sauce (see Béchamel) not too thick, mix well, keeping hot the while, then add the cheese, and finish as indicated in the previous recipe.

158. BROWNED MACARONI WITH TOMATOES. *Macaroni Gratiné aux Tomates.* Follow either of the two former recipes, then put a layer of macaroni on a dish, in the middle a few slices of tomatoes, skinned and the seed removed, cover with a layer of macaroni, and yet another thin layer of tomatoes, scatter over the top grated cheese, and bake in quick oven.

159. BROWNED MACARONI WITH FOWL. *Macaroni Gratiné à la Volaille.* Prepare the macaroni as before, mixing with it a purée of fowl ; when it is creamy, serve it like this or browned.

160. MACARONI MILANAISE. Prepare the macaroni, following the previous recipes, and when it is creamy, and at the time of dishing, mix a light julienne of the lean part of ham, mushrooms, truffles, and cooked tongue, then serve sprinkled with cheese. If preferred it can be browned.

161. MACARONI WITH HAM. *Macaroni avec Jambon.*
As the preceding, but mixing a julienne of ham. Serve like this, or browned.

162. SHELLS OR COQUILLES OF MACARONI BROWNED.
Prepare the macaroni as explained for browned macaroni. With it fill some silver or china "coquilles," lightly buttered inside, taking care not to cover the edges, sprinkle with grated cheese, place a small piece of butter on the top, and bake as for browned.

163. HINTS ON THE COQUILLES. The best, and those which look the nicest, are the silver or metal shells; the china or porcelain ones are very much used, and give satisfaction; but those obtained from scallops (fish) should never be used, as they are neither clean, practical, nor serviceable, especially considering the price at which the china ones can be bought.

164. TIMBALE OF MACARONI MILANAISE. Butter a charlotte mould and decorate it inside by forming a wreath or garland in very thin nouilles paste. Place this half-way up the mould, and a small ribbon of the paste notched at the top of the mould. Now roll out some fine pastry crust (short paste), and cut it in one or two strips the height of the mould. Make a foundation with this, and cut a round piece larger than the bottom of the mould and place it inside; wet the edges to make them stick, and prick the surface slightly to prevent it from forming blisters. Now cook some macaroni cut in pieces one inch long, and place these in a flat saucepan with a little butter, season with pepper and salt, let it heat well to evaporate the moisture, add a spoonful of béchamel, mix well, and thicken with a spoonful of grated Parmesan and Gruyère. It should be thick, and the two edges well together. Prick it with a needle, and brush over with butter; let it bake in a moderately heated oven so that the pastry may be well cooked, and crusty, and a nice golden yellow; time, thirty minutes. When it is done, turn out of the mould on to a dish, cut the pastry on the top a quarter of an inch from the edges,

remove the portion of the macaroni in the middle of the timbale, and replace it with a salpicon of mixed flesh of fowl, mushroom tops, ham, and truffles. Thicken with a sauce suprême or Toulouse. Place this in the shape of a dome coming out of the timbale ; at the edges put some little quenelles. Put some sauce at the bottom of the dish, and serve it.

165. **TIMBALE MILANAISE (REMARKS).** The timbales can be garnished with some mushroom tops and truffles cut in small quarters, and with a julienne of tongue, ham, truffles and chicken, truffles, cocks' combs and kidneys, or with a financière, etc., etc. They can be served with a good sauce demi-glace Madeira or light tomatoes reduced, or with a sauce suprême or Toulouse. When these timbales are served, each person should be helped to a portion of the crust of macaroni, and some of the garnish. I have too often seen butlers, through ignorance, serve only the garnish, and send the crust and macaroni away from the table.

166. **TIMBALE OF MACARONI PIEMONTAISE.** Take some fine short pastry and line a mould, and prepare a macaroni as explained before, but mix with a julienne of mushrooms, ham, foie gras, truffles, and chicken ; mix these well together, fill the timbales, and cook it as explained in previous recipe. Turn out on a dish, and serve, round it some sauce Madère reduced with some coulis of tomatoes, and the remainder in a sauce-boat. The foie gras or chicken can be replaced by sweetbreads or slices of chicken. These timbales can also be made with nouilles.

167. **TIMBALE NAPOLITAINE.** Take some Naples macaroni, cook and drain it while hot, put it on a cloth. Well butter a charlotte mould, and line this with the macaroni, starting from the centre at the bottom of the mould, having previously dipped the macaroni in some white of egg slightly beaten. To hold the macaroni in place, put in a layer of chicken or veal forcemeat on it, fill the moulds three parts full with a salpicon of mixed

chicken or some foie gras mixed with mushrooms and truffles, or the chicken can be replaced by sweetbreads. Cover with a layer of forcemeat and poach it in a saucepan with some water at the bottom for about forty minutes. Remove carefully from the mould and serve with a sauce Niçoise or Piémontaise, finished with a spoonful of bovril.

168. **TIMBALE NAPOLITAINE (REMARKS).** The timbales can be made with small macaroni, nouilles, or large macaroni, but small pieces may be rolled together, or the nouilles may be plaited or tressed : this should be done before they are cooked, it is then easier than when they are soft. The large macaroni may be cut in small pieces ; in the hole put a little bit of truffle. Stick these little rounds all over the inside of the buttered mould, and finish as explained in former recipe. Also this timbale can be made in small moulds, replacing the garnish by a purée of chicken or game. In all these preparations the cook should use his or her own taste.

169. **TIMBALE OF MACARONI PARISIENNE.** Prepare it exactly as explained for timbale Piémontaise, but replace the julienne of mushrooms, ham, etc., by some mushrooms cut in slices, and finished as before.

170. **TIMBALE OF MACARONI BONTOUX.** Make a foundation with fine pastry in a mould for foie gras ; butter this well and decorate it with nouilles paste, fill it with rice or flour, and cook in a moderately heated oven. When the crust is well cooked a nice golden brown colour, take from the oven and empty out the rice or flour, butter the crust inside and place in the oven for a minute to dry it, then keep it hot while you prepare a forcemeat of chicken, which should be rather firm ; roll this in the form of a long sausage in buttered paper, poach it, and then cut it in nice slices. Cut some slices of truffles, mushroom tops, and some small ones of foie gras. When all these things are ready, take some cooked macaroni (large), drain it while hot, and cut in

bits one inch long. Put this in a flat saucepan, pass it in butter, and add a spoonful of sauce Madère with tomato purée, thicken with a handful of fresh Gruyère cut in fine shreds, and the same amount of grated Parmesan ; if necessary, add some sauce, as the macaroni should not be too thick. Now place a layer of macaroni in the timbale, and on this a layer of slices of chicken forcemeat, with alternate slices of truffles, cover with a thin layer of macaroni, and on this a layer of slices of foie gras and mushrooms ; sprinkle over a julienne of cooked ham, cover the macaroni with another layer of forcemeat, truffles, slices of foie gras and ham ; finish it with a layer of macaroni. Wrap the timbale in a buttered paper and tie it with a string. Place it in a slow oven for thirty minutes to heat it well, then take from the oven, remove the paper, and serve on a dish. Serve a sauce Piémontaise separately. Many timbales can be made in this style : garnish them with lambs' sweetbreads or slices of calves' sweetbreads, chicken, game, etc.

171. FINE SHORT CRUST FOR TIMBALES. *Pâte Fine pour Foncer les Timbales.* Put 16 oz. of good dry flour on the table or marble pastry board, make a hole in the middle and place in this 10 ounces of butter, two yolks of eggs, a pinch of salt, and half a pint of water. Knead the butter and the yolks into the water, but the paste should be thick before being kneaded, as this process always thins it. When this is done, roll it out twice, then form into a ball and leave it for a little while. When you press your finger into the paste if the hole thus made does not close again the dough is ready for use. Pay attention to this, or the pastry will shrink under the rolling-pin. This makes a crisp crust for timbales. The parings of flaky pastry when treated in this way are excellent for timbales.

172. STUFFED MACARONI. *Macaroni Farcis.* Have some macaroni which is not quite cooked, called coquilles, which is intended to be stuffed, drain off all the water, so that they may become dry inside, and then

fill with a good stuffing of fine poultry forcemeat ; put them at once into some white stock, or consommé, and boil gently for a few minutes, so that the stuffing may be thoroughly cooked. Then take the broth off, add a piece of butter, season to taste and mix well ; add some sauce—Madeira or light tomato, or the two mixed—and some grated cheese ; mix together and serve. The sauce, instead of being mixed with it may be served with it, or on the top of it, or, separately, in a sauce-boat. If you have no good sauce, use a spoonful of bovril.

173. STUFFED CANNELONIS. *Cannelonis Farcis.* Prepare them as explained, and finish as in previous recipe.

174. CANNELONIS AS SOLD BY GROCERS. Bottom crusts of pâtes can be bought to make cannelonis ; they must be cooked like the macaroni, and when done put into cold water ; then spread them on a napkin on the table to stuff them ; roll them to form the cannelonis, stick them together with egg, and poach in just enough water ; strain and finish, as mentioned before.

175. SPAGHETTIS is a fine and small macaroni, of excellent quality. It can be prepared as macaroni.

176. TAILLERINIS, RUBANS, COUILLES, ETC. All these varieties are arranged in the same way as macaroni.

177. NOUILLES WITH BUTTER. As macaroni with butter.

178. NOUILLES WITH HAM. As macaroni with ham.

179. NOUILLES, BROWNED. As explained for browned macaroni.

180. RAVIOLIS NAPOLITAINE. Prepare and work them as explained in Nos. 146—147. Strain, and put into a saucepan, roll them in some butter, season, and serve in a hollow or vegetable dish with tomato sauce, and scatter over the top some grated cheese.

181. GNOCCHIS WITH PARMESAN CHEESE. Prepare them in any fashion explained before. Cook them, strain when hot, put back into saucepan with a little

butter, season and stir on fire ; place them properly on vegetable or other dish, sprinkling each layer with Parmesan and Gruyère ; put into oven to be browned ; don't cook too much. They can also be served with only gravy and tomato sauce for a light velouté.

182. GNOCCHIS CREMEUX, BROWNED. Prepare and cook them, following the previous recipe. Strain and put into a saucepan with butter, season, and thicken a little ; add one spoonful of béchamel sauce per 4 oz. of gnocchis. Stir on fire to well mix, and thicken with a handful of grated Parmesan or Gruyère, taking care not to break them ; put into a dish, and gratiné with cheese. The béchamel can be replaced by one or two spoonfuls of cream.

183. GNOCCHIS WITH FOWL AND TOMATO SAUCE. Prepare the gnocchis with purée of fowl as explained before, and cook them as in previous recipe. Lightly cover with tomato sauce, or serve sauce separately.

184. GNOCCHIS A LA ROMAINE. Prepare and cook them as explained before, but instead of rolling the preparation in quenelle shape, spread it on a buttered deep dish ; lightly butter the top, and well combine. Let it cool. When cold, heat the dish from underneath, to facilitate it slipping from the dish on to the table. Cut it into long squares, or lozenge shape, with a knife, and pile them one on the other on a buttered dish ; scatter over grated cheese and some hot clarified butter. Put into an oven or under a salamander ; when swollen and well browned, serve.

185. HINTS ON THE GNOCCHIS. To be served as a first dish for dinner or luncheon, the gnocchis should be the size of a large nut or olive. The three sorts are treated in the same way independently.

186. POULEINTE WITH PARMESAN CHEESE. *Pouliente* or *Polenta au Fromage*. Boil a quart of water with 2 oz. of butter, a pinch of salt and pepper. Let fall into it slowly 4 oz. of maize semolina, never leaving off stirring until it has formed a thick smooth batter without

lumps. Allow it to cook 30 minutes ; then thicken the preparation with 4 oz. of fresh grated Parmesan cheese. Arrange it in a vegetable dish, scatter over some grated cheese, and send to table with it meat or fowl gravy mixed with tomatoes, or simply some consommé.

187. POLENTA WITH PARMESAN CHEESE, BROWNED.
Pouleinte Gratinée. Prepare in the same way as above, and when cooked, put into a buttered mould or dish to keep cold. When cold, proceed and finish as explained for gnocchis à la Romaine.

188. HINTS ON THE SAUCES TO ACCOMPANY PÂTES. In all the preceding preparations, the gravies, either veal or beef, mentioned, should be mixed with some reduced tomato sauce, the tomato being an essential condiment to accompany these dishes.

189. RISSOTO MILANAISE (MILAN). Put into a saucepan a middle-sized onion, sliced and blanched, add 2 oz. of butter, and brown slightly ; then add 4 oz. of good rice, which brown likewise a few moments without drying it too much ; now add sufficient stock to cover it twice, salt and pepper with paprika, and let it boil. Cover the saucepan, and put into a slow oven to continue cooking for fifteen minutes ; look to it in ten minutes to see if it dries ; in this case add a little stock, and put back into the oven for five or ten minutes longer. When done, the grains should be separate one from the other, and very swollen. Let it stand a few minutes, and stir gently with a fork. Now butter a good sized mould, and fill with it, pressing it down well. Turn out on a silver dish on which you have lightly put a thin layer of sauce, and scatter on top some grated cheese. The sauce should be made of good stock and tomatoes. Send some sauce separately to table with the dish. You can also send two shred tomatoes with the seeds taken out.

190. RISSOTO THICKENED WITH PARMESAN. *Rissoto Lié au Parmesan.* Prepare as above, and when it

is cooked sufficiently, add a handful of Gruyère or Parmesan, mixed, and stir together with a fork. Serve as the former dish.

In hotels and restaurants it ought to be put into charlotte moulds, each sufficient for one person.

191. RISSOTO AU SAFFRON. Prepare a rissoto as preceding, but directly it is moistened with good stock, add a pinch of saffron, finely minced and cooked with the rissoto. It becomes a clear yellow colour, and is an excellent pimento that delights some people.

192. RISSOTO WITH TRUFFLES. Proceed as before, mixing with a julienne of truffles. If they are raw, add them to the stock to cook, but if tinned ones are used, mix together before serving.

SALADS.

193. SALADS. *Salades.* I give here a series of salads that are most used, and that are liked and served more now than formerly. I may even say they are indispensable in some houses. I offer them as a daily menu, for a simple fresh salad is always a nice acceptable appendix to any dinner.

194. SALAD OF LETTUCE HEARTS. *Salade de Coeurs de Laitues.* Choose some fine white lettuce with firm hearts, take off the outside green leaves, the white ones cut in two, taking out the stalk. Cut the heart in four, and place in a salad bowl, but do not mix it until the moment of sending to table, or it will become soft. If you can dispense with washing it, only wipe the leaves. Prepare a little sauce with oil for the dressing, pour a spoonful on the salad and mix lightly, then taste to see if sufficiently seasoned, scatter over a little chopped parsley or chervil, mixed with a little tarragon. Place the hearts on the top, on the lettuce leaves, and serve. It is better to mix the salad in a basin and place in the salad bowl afterwards.

195. SALAD OF LETTUCE WITH EGGS. *Salade de Laitues avec Œufs Durs.* Prepare as in former recipe,

adding one hard-boiled egg to each lettuce. Cut in two and rub the yolks into the dressing ; chop the white, and scatter over the salad ; season to taste and serve.

196. SALAD OF LETTUCE "CRÊME." *Salade de Laitues à la Crème.* Prepare the salad as in former recipe and finish with a little whipped cream ; mix well and serve. Chopped chives, parsley, chervil, and tarragon may be added, according to taste.

197. CORN SALAD. *Salade de Mâches.* Take 1 lb. of fine fresh corn-salad, take off the faded outside leaves and cut the stalk a little, wash several times in water, drain and shake in the salad basket or in a napkin ; it must be well shaken to be well dried ; place in a basin and season with a pinch of pepper and salt, one spoonful of vinegar, two and a half or three of oil, mix well and taste to see if it is properly seasoned ; put into a salad bowl and serve. A few slices of beet-root cut in julienne may be added. This salad does not require much dressing.

198. SALAD OF COS LETTUCE. *Salade de Romaines.* Prepare as the other lettuce ; cut out the stalks and trim the middle one to shred it in julienne. The large leaves should be cut in two longways, and in three across. Dress as the other lettuce. Mustard should never be used for these salads.

199. SALAD OF BATAVIA. *Salade d'Escarolles.* Choose some fine large-leaved escarolles, take off the green outside leaves, and slit the others in two lengthways and across. Wipe them if not too dirty, as the less a salad is washed the better ; dress in the same way as the lettuce.

200. SALAD OF CHICORY. *Salade de Chicorées.* Take off the faded outside leaves, and trim the tops of the others ; cut these in short lengths and dress in the same way as the lettuce, with cream or without, but no egg. A mayonnaise cream may be used with a dash of vinegar, as dressing, if preferred.

201. SALAD OF CURLLED CHICORY. *Salade de Chicorées Frisées.* Take off the green outside leaves, trim the stalks and the tips of the other leaves, cut these in two or three lengths. Wash and shake well, place in a bowl rubbed with a clove of garlic, season with pepper and salt, oil, and vinegar. A little mustard may be added to this salad. Mix well and serve ; two or three bits of bread rubbed with garlic and mixed in the salad are sometimes preferred.

REMARKS.—Be careful never to put too much vinegar or oil in a salad, just sufficient to properly mix it, and not to make it sticky and wet. It is easy to add more dressing when required.

202. SALAD OF BARBE. *Salade de Barbes.* Trim off the points and roots of the barbe salad, and wipe the leaves well, cut them into pieces one inch long, dress the same way as in former recipe, adding some beet-root cut in julienne on the top and mixed separately, as otherwise it gives a red colour to the dressing, which is not pretty.

203. SALAD OF CELERY. *Salade de Celeris.* Choose some firm white celery plants, separate the stalks, and wash well ; trim and dry them, scrape off the stringy part and cut them into one inch lengths, make the dressing as follows : mix a teaspoonful of mustard with vinegar, the yolk of a raw egg, pepper, and salt, beat well and add two or three spoonfuls of good oil. A little cream may be added if desired, and sliced beet-root, gherkins, etc.

204. SALAD OF WATER-CRESS. *Salade de Cresson.* Cut off the roots and yellow leaves of the water-cress, only keeping the tops, wash well and shake in a cloth. Season with a dash of vinegar and oil ; it requires very little seasoning. Some people like it without dressing, simply washed and served on a dish.

205. SALAD OF DANDELIONS. *Salade de Pissenlits.* Choose some young and tender dandelions (above all, without flowers), take off the faded outside leaves and

cut off the roots, and wash in several waters, drain and shake well in salad basket. Season with pepper, salt, oil, and vinegar, and serve in salad bowl. A little finely chopped onion and egg may be added if desired.

206. SALAD OF DANDELIONS WITH BACON. *Salade de Pissenlits avec Bacon Frit.* Prepare them as in former recipe, but to dress them proceed as follows:—For every pound of dandelions take 6 oz. of streaky pickled pork, not too salt, pare off the rind, and cut into small strips. Blanch in boiling water to take out the salt, otherwise it would be impossible to brown it. Now fry these bits in a frying-pan with a dash of oil over a quick fire until they are crisp and dry. Pour this over the dandelions, add pepper and vinegar, and taste if salt enough; if not, add a little. Some chopped onion may be added if desired. It must be sent to table very hot, so that the bits of pork may not chill.

207. SALAD OF SALSIFY TIPS. *Salade de Fennes de Salsifis.* Trim and wash the fresh tips of salsify and prepare as explained in the recipe for salad of barbe.

208. SALAD OF WHITE CABBAGE. *Salade de Chou Blanc.* Take a white cabbage with a firm heart, take off the green outside leaves and the stalk cut in quarters, trim off the hard inside stalk and cut in thin sliced julienne. Place in a basin and scatter salt over, mix and allow it to macerate one hour, then strain through a cloth, and shake well to get rid of the water and place in a bowl. Now mix one spoonful of mustard, pepper, some chopped garlic, and one spoonful of vinegar, and add two and a half spoonfuls of oil, beat well together, pour over the cabbage and serve as salad.

209. ANOTHER SALAD OF WHITE CABBAGE. *Autre Salade de Chou Blanc.* Proceed as in former recipe, but season without having first macerated in salt. They are firmer and more crisp, but more indigestible. A little whipped cream may be added if desired.

210. SALAD OF RED CABBAGE. *Salade de Chou Rouge.* Proceed as in former recipe, but do not put any mustard.

211. SALAD OF FRENCH BEANS. *Salade de Haricots Verts.* Prepare and cook some very small green French beans. Do not cook too much, and drain while hot that they may dry. Place in a basin, scatter over some finely chopped onion, and season with oil and vinegar, pepper and salt. Serve in a salad bowl. The onion can be dispensed with if desired.

212. REMARKS ON SALAD DRESSING. *Remarque sur Lassaisonnement à Salade.* As a general rule, one spoonful of vinegar to two and a half or three of oil, is allowed in salad dressing. Too much vinegar makes it unpleasant and uneatable. It is better to taste it, and add more if required. Chopped chervil is always appreciated in a salad.

213. SALAD OF CAULIFLOWERS. *Salade de Choufleurs.* Cook the cauliflowers, and drain when very hot to dry. Place the small branches in a bowl and season to taste; be careful not to smash them when mixing. They may also be served with a light sauce mayonnaise.

214. SALAD OF ARTICHOKE BOTTOMS. *Salade de Fonds d'Artichauts.* Prepare and cook some artichoke bottoms. Drain them while hot and wipe them, cut in fillets and season as before. Finish with some chopped chervil and serve. They may also be cut in various ways and served with sauce mayonnaise, cream sauce or vinegar sauce.

215. SALAD OF CELERIACS. *Salade de Celeris Raves.* Wash one or two celeriacs and cook, not too much, simply in salt and water. When done drain hot and allow to cool. Now peel them nice and round and cut in fillets, place in a bowl, and season with mayonnaise cream and vinegar; scatter chervil over when in the salad bowl. This is a delicate tasting salad. It may have beet-root added to it, or truffles. These things are used according to taste and means.

216. SALAD OF CELERIACS "A LA CARLTON." *Salade de Celeris Raves à la Carlton.* Pile in a salad bowl, without mixing, in three distinct heaps, some celeriacs

cut in fillets, beet-root and asparagus tips : the beet-root simply seasoned with oil and vinegar, the other two as in former recipe. At the bottom put a ring of hard-boiled eggs cut in eight parts, placing the yolks outwards, and on the top of these some slices of black truffles, scatter some chopped chervil over the remainder, and on the summit place an artichoke bottom filled with some chopped truffles.

217. SALAD OF CELERIACS "A LA DEYM." *Salade de Celeris Raves à la Deym.* Take some fine artichoke bottoms and brush over with white jelly ; on the middle place in a heap a little salad of raves cut in shreds and seasoned as explained before. Arrange all round them some truffles cut in fine shreds ; season only with oil and vinegar beforehand. On the top place a small ball of red beet-root. Arrange this salad on a silver dish garnished with white jelly. This may also be garnished with asparagus, macedoine, rice, etc., according to taste.

REMARKS.—These sorts of small salads when served in pretty low salad bowls, one for each person, are even nicer than in a huge mass stuck together with a quantity of gelatine, when the first guest who touches it only spoils the look of it for the others.

218. SALAD OF ASPARAGUS SPRUES. *Salade de Pointes d'Asperges.* Cook in salt and water and drain hot, and season with pepper and salt, oil and vinegar. Arrange in a salad bowl or in a dish some small artichoke bottoms garnished with a salad of truffles, raves, beet-root or chopped eggs, and thickened with a mayonnaise.

219. SALAD OF ASPARAGUS SPRUES "MOULES." *Salade Moulée de Pointes d'Asperges.* Line with jelly some dariole moulds, middle sized or small. Now cook the asparagus tips, cut the length of the mould, and the other part a little more cooked. Place the long ones, heads downwards, in the mould, sticking them into the jelly. Season the other part with a mayonnaise, acidulated and thickened with some stronger jelly, and fill up the mould ; allow it to cool. When wanted, dip a few seconds in

boiling water and turn out into a dish ; place at edge and top, sticking to the jelly, some triangles of egg truffles, and in the middle a round of beet-root. Scatter round the base some chopped jelly.

220. SALAD OF TOMATOES. *Salade de Tomates.* Choose some fine equal-sized tomatoes, firm and red, and dip in boiling water to skin them. Now cut in slices and place them in a basin ; season with salt, pepper, oil, and vinegar, this at the last moment. A very small quantity of chopped chervil, parsley, or tarragon may be added if desired. The seeds of the tomatoes may also be taken out.

221. SALAD OF WHOLE TOMATOES. *Salade avec Tomates Entières.* Choose some tomatoes as explained before and cut them in half, squeeze out all the juice and seeds, and cut the flesh in dice. Season and thicken with a little mayonnaise and light jelly. Scoop out the seeds of some other tomatoes and fill them with the above preparation. Smooth nicely and scatter over some chopped chervil, parsley and tarragon.

222. SALAD OF RICE AND TOMATOES. *Salade de Riz et Tomates.* Cook some good Carolina rice in a lot of water, salt, and lemon juice. When swollen and tender but not broken, strain through a cloth sieve and pass warm water over it until all the grains are separate. Leave 1 or 2 hours to drain well. Skin some tomatoes, take out the seeds, and chop up the fleshy part. Put the rice into a basin with a light mayonnaise, well seasoned with vinegar, cayenne and paprika pepper (only put in sufficient to thicken the rice). Mix in the chopped flesh of the tomatoes. Serve in a salad bowl and place a layer of cut truffles at the bottom, or beet-root, etc. A fork only should be used to mix the salad.

223. SALAD OF RICE AND WHOLE TOMATOES. *Salade de Riz et Tomates Entières.* Proceed as explained, replacing the purée of tomatoes by the rice and tomato, and garnish them with this.

224. MAYONNAISE OF TOMATOES ICED. *Mayonnaise*

de Tomates Glacées. Choose some small round tomatoes and peel them ; then cut in four or six parts without dividing them. Place them on a wire grating in the refrigerator or rice-box to keep them firm. Put some good light mayonnaise in a basin, and when about to serve plunge the tomatoes in this, cut side downwards, and turn over with a fork in thin sauce so that it may be well covered ; now place it carefully on a silver dish on which you have put a thin layer of light jelly. Continue this operation quickly until all the tomatoes are finished ; scatter a little chopped tarragon over each and serve. This is an excellent dish in hot weather ; it is simple and very much liked. They may be served in separate little coquille dishes.

If you have no ice box, place them in a saucepan on ice and put ice on the lid.

225. POTATO SALAD. *Salade de Pommes de Terre.* Cook in their skins some good potatoes, not too floury or too hard, drain and let them get cold. Now peel and cut them in dice, place in a basin with a small spoonful of bouillon to prevent them sticking together. An hour or two later season with pepper, salt, oil, vinegar, and finely chopped onion ; mix well, and serve in salad bowl. Mustard may be added, also other vegetables if desired.

226. SALAD DEMIDOFF. *Salade Demidoff.* Prepare the potatoes as in former recipe, adding half the amount of black truffles cut in dice ; season separately and mix together and serve. No mustard must be put in this.

227. SALAD OF HARICOT BEANS. *Salade de Haricots Blancs.* Take some cooked white haricot beans, strain from their water and pass through warm water to clean and separate each bean ; drain well before placing in a bowl ; add a chopped onion, parsley and chervil. Season with pepper, salt, oil, and vinegar, and serve.

228. ITALIAN SALAD. *Salade Italienne.* Make a macedoine of vegetables ; season to taste, and thicken with a little mayonnaise à la gelée, rather firm, and

enough to bind the salad. Line a mould with a light layer of white jelly ; garnish the sides as you like, fill with the macedoine, let it cool, then turn it out on to a dish and garnish the bottom with bouquets of flowers and beet-root arranged alternately. If arranged in a salad bowl as a garnish to fish or cold meats, it is sometimes called salad Russe.

229. SALAD OF HARD-BOILED EGGS. *Salade aux Œufs Durs.* Take some hard-boiled eggs, cut in two lengthways, take out the yolks, and chop the whites in julienne ; rub half of the yolks through a sieve, mix with salt, pepper, oil, vinegar, and a little whipped cream. Prepare this sauce well, place a portion on the whites to thicken them, and season to taste. Rub the remainder of the yolks through the sieve on to the salad, place at the bottom a little cut beet-root, and serve in a bowl or in shell dishes. The dressing should be light and smooth with the whipped cream.

230. RUSSIAN SALAD. *Salade Russe.* According to tradition, this salad is composed of vegetables stamped out with a cutter, and cooked fillets of chicken, ham, tongue, and truffles. It should be seasoned with mayonnaise sauce, and served up in a special mould, covered with aspic, and decorated with fresh vegetables and truffles.

This is the composition, dressing, and seasoning :— Carrots, turnips, potatoes, asparagus sprues, green peas, artichoke bottoms, small pieces of cauliflower, French beans, truffles in julienne, fillets of chicken, cooked ham, pickled tongue, hard-boiled eggs. Serve all these vegetables, etc., cut into small pieces with a cutter, in bouquets with mayonnaise sauce or green sauce.

231. SALAD RACHEL. *Salade Rachel.* Cut into fine julienne, and blanch for five minutes in salted water, half a celeriac, peeled and carefully washed ; cut similarly in julienne two truffles, add some artichoke bottoms, cooked white, and cut in slices, boiled potatoes sliced, and asparagus sprues.

232. PARISIAN SALAD (ANOTHER WAY). *Autre Salade Parisienne.* Carrots, turnips, potatoes, beet-root, cut with a vegetable spoon-cutter, anchovy fillets, hard-boiled eggs, and fine herbs.

233. NICOISE SALAD. *Salade Nicoise.* Raw tomatoes, skinned, and pippins out, and cut into small slices, cos or cabbage lettuce well seasoned with tarragon.

234. TOURANGELLE SALAD. *Salade Tourangelle.* Celery cut into thin slices, chopped potatoes, russet apples, slightly sour, and white curled endives, cream mayonnaise sauce.

235. GERMAN SALAD. *Salade Allemande.* Potatoes, beet-root, russet apples, red cabbage in julienne, hard-boiled eggs.

236. JAPANESE SALAD. *Salade Japonnaise.* Clean and wash in several waters about twenty chrysanthemum flowers, blanch them in acidulated and salted water, drain them and dry them in a cloth. Mix them well into a salad composed of potatoes, artichoke bottoms, shrimps' tails, and capers in vinegar. Arrange in a salad bowl, and decorate with beet-root and hard-boiled eggs. A pinch of saffron may be added to this salad for seasoning.

237. THE STERILISATION OF SALADS. The consumption of uncooked vegetables and fruit undoubtedly entails a risk of typhoid and other infectious diseases *via* the stomach, and on several occasions, says the Medical Press, epidemics of diarrhœa, cholera, and enteric fever have been traced to particular deliveries of foodstuffs of this class. An Italian observer points out that spraying with a 2 per cent. aqueous solution of tartaric acid is rapidly fatal to most pathogenic micro-organisms, including that of Asiatic cholera. Immersion of raw vegetables in a 3 per cent. solution of the acid was shown experimentally to completely sterilise artificially infected vegetables without injuriously affecting their taste, provided, of course, that they are thoroughly washed before being eaten. The suggestion may prove of value, although it does not afford any protection against germs contained

within the sap vessels of the plant as, for instance, in plants grown on sewage farms.

The plant structures, it is true, ultimately destroy pathogenic and other bacilli, but this process of vital sterilisation does not take place until assimilation is far advanced, consequently the stem may contain large numbers of undigested, and therefore still active, bacilli. This risk may be minimised by discarding the stems when preparing salads, but nothing short of boiling can be relied upon to provide absolute safety against infection. The moral is that in epidemic seasons and countries the use of uncooked vegetables should be avoided, though an exception may be made in favour of raw fruit which is not undergoing decomposition, provided it be carefully washed in pure water.

SAVOURIES.

238. SARDINES ON HOT TOAST. *Sardines sur Toast.* It is preferable to use the boneless sardines. Take off the skins and place the fish on bits of fried bread or buttered toast. Put in the oven for a moment to brown. Serve on a napkin, and garnish with fresh parsley. Add a pinch of cayenne pepper if it is served devilled.

239. BROWNED SARDINES. *Sardines Gratinées.* Prepare the sardines as explained before, sprinkle a little grated Parmesan and Gruyère cheese over them, and some cayenne pepper if it is devilled, or else proceed as follows:—Mix a little Parmesan cheese with butter, a pinch of flour, and one of Brown and Polson's baking powders. Sprinkle this over the sardines and brown in a moderately heated oven. They may also be covered with a preparation of soufflé with cheese.

240. SARDINES, ITALIAN WAY. *Sardines à l'Italienne.* Cover the sardines with a reduced Duxelles sauce, sprinkle some grated cheese over, and brown in the oven.

241. SARDINES GOURMANDES. From a thin strip of puff pastry cut some pieces a little larger than the sardines.

Put a thin layer of cooked fine herbs on this, and the sardines on the top. Season to taste, moisten the edges of the pastry, and cover over with another strip. Stick the edges together, and turn them up with the back of a knife, pinch them, and brush over with yolk of egg mixed with milk. Place them on a buttered bacon sheet and cook in a hot oven. They should puff up well and be crusty. Serve very hot.

242. FRIED SARDINES IN HORLY. *Sardines frites en Horly.* Prepare the sardines as in former recipe, season to taste, dip them in batter, and fry, in boiling fat, a nice brown colour; drain and serve on a napkin in a dish with fried parsley and lemon pieces.

243. ANCHOVIES FRIED IN HORLY. *Anchois frites en Horly.* Prepare the anchovies as in former recipe, season them to taste, dip them in batter, and fry, in boiling fat, a nice brown colour. Drain and serve on a napkin in a dish with fried parsley and lemon pieces.

244. ANCHOVIES GOURMANDS. Clean the anchovies and soak the salt from them. Then take off the fillets, dip them in a sauce Villeroy, let them get cold; then place them between two pieces of pastry as explained before. Serve in the same way. They may also be fried in horly as in the preceding recipe.

245. HOT CANAPES OF BLOATERS, KIPPERS, ANCHOVIES, ETC. Prepare as for the same cold, but have your paste thicker than for cold, to prevent its running. When your canapés are prepared sprinkle over the top some grated Gruyère cheese, and put in a hot oven to brown a little; then serve hot. You need not decorate these.

REMARKS.—You can also make these by cutting the raw flesh of the fish named, adding to it a yolk of egg and some thick béchamel or fish sauce if you have some; season to taste. Garnish your canapés, and sprinkle over the top some grated cheese; brown quickly in hot oven. You can also make these canapés with cooked floun haddock paste.

246. CANAPES LUCETTE. Cut them to an oval shape, cover them with mustard butter, put a border of chopped ox-tongue all round, and in the centre some chopped white chicken meat mixed with a little sauce suprême or Toulouse, a round of truffle on top, and some fine chopped jelly at the bottom.

247. CANAPES OSTENDAISE. Cut them round, cover with shrimp or crayfish butter, border them with a little fine chopped yolk of egg, and put in the centre a nice poached oyster napped with a sauce Normande or white wine ; add a piece of truffle or gherkin on the top. These canapés, as well as the preceding, may be covered with a light jelly.

248. ANCHOVIES MEDALLIONS. *Medaillons d'Anchois.* Take some small anchovy fillets, cut them in equal sizes, serve them up neatly arranged like a crown on a nice slice of cooked potato, beet-root, or peeled cucumber shaped with a fancy pastry cutter. Garnish the centre with caviar or a purée of fish roe or fish paste, and put a little border of anchovy or other butter around. Cover all over with good jelly and a border of chopped hard-boiled egg around the edges, a caper on top.

249. BROWNED CROUTES OF FILLETS OF HADDOCK. *Croûtes Gratinées de Haddock.* Cut a fine finnon haddock in two, and place skin downwards on a hot stove for a minute to facilitate the removal of the skin, then take off the fillets and cut them in square slices. Place these in a buttered saucepan ; sprinkle over a little pepper, cover with a buttered paper, and cook in a hot oven ; add a little parsley, and baste it. When done, arrange each slice on a piece of toast, place these on a dish, pour the sauce over, then serve. Grated Gruyère cheese may be scattered over and browned in the oven.

250. BROWNED CROUTES OF FINNON HADDOCK BERKELEY. *Croûtes Gratinées de Finnon Haddock Berkeley.* Poach one or two fillets of finnon haddock in butter and let them get cold, then cut them in small dice and mix with a reduced béchamel sauce, thickened with

one or two yolks of eggs, mix well, then put it on toast in dome shape ; sprinkle over some grated cheese and hot butter, and brown in the oven.

251. CROUTES OF BLOATERS' FILLETS. *Croûtes de Filets de Bloaters.* According to the number of croûtes you require, take off the fillets of one or more bloaters ; take off the skins, trim your fillets, and take out all the bones remaining. Cut them in three or four pieces. Put them in a baking dish with some melted butter, and sprinkle some cayenne pepper on top. Cook in a moderate oven and baste with the butter. Have some sippets of bread fried in butter, or toast, cut the same size as your fillets, and put one fillet on each of the sippets. Dish up in silver or china dish, and serve very hot. You can also dish them up on a fancy serviette, and garnish with mustard cress.

252. CROUTES OF HADDOCK FILLETED. *Croûtes de Filets de Haddock.* As preceding recipe, only use finnon haddock instead of bloaters. These fish must not be too much cooked, nor done too soon, as it spoils their quality in becoming too dry.

253. CROUTES OF KIPPERS. To take the skin off, put your kippers on a hot sheet of iron. When the skin is off, cut your fillet, and proceed as in preceding recipe.

254. REMARKS ON THESE KINDS OF FISH. The bloater is a herring, cured in a brine with coarse salt. After a while they are washed and dried in the open air. The kipper is also a herring, which has been opened in the middle, slightly salted, and very little smoked. These fishes are excellent, and can be cooked in a good many ways.

255. CROUTES OF FISH PROVENÇALE. *Croûtes de Poisson Provençale.* Pound in a mortar some either hot or cold cooked turbot, cod, sole, or other fish. To every pound of fish add a medium-sized floury potato. Continue to crush this in the mortar and add two yolks of eggs, one spoonful of béchamel, and a bit of garlic.

browned in oil; make this into a paste. Take some pieces of bread, slightly fried in butter, and cut each piece the size of a large domino, put as much of the preparation on these pieces as will make them dome-shaped, sprinkle a little grated Parmesan cheese and butter over, and brown in the oven. Serve on a napkin with some mustard cress by the side.

256. CROUTES A LA YARMOUTH. Take some fine and equal-sized mushrooms, wild ones for preference; wash and pick them; place them in a baking dish well buttered, and season to taste. Next prepare the same number of herring roes, turning them into a round shape, place them in a buttered plate, season, and add a pinch of cayenne. Next take a sandwich loaf, cut some slices of bread about half as thick as a finger. Toast and butter them, and then, by means of a small circular pastry cutter, cut as many pieces of toast as are necessary, and keep warm. Next cook the mushrooms and roes in a slow oven, taking care to baste them as soon as cooked. Place the toast on a plate, arrange the mushrooms on it, and the roes on the mushrooms. Throw some minced parsley into the butter in which the mushrooms have been cooked; beat up well and pour over each toast; serve up hot.

257. HOT TARTLETS WITH DIFFERENT FISHES.
Tartelettes Chaudes de Different Poissons. Prepare your paste as explained before for hot canapés of fish, and fill up, in a dome shape, some small tartlet moulds and cover them with a thin layer of soufflé cheese paste; put some butter over the top with a camel's hair brush and bake in a quick oven. Serve hot in a fancy napkin.

258. CROUTES OF HARD-BOILED EGGS LYONNAISE.
Croûtes d'Œufs Durs Lyonnaise. Cut and blanch an onion and cook it slowly in butter; as soon as done add to it a small spoonful of flour; wet it with some boiling milk, and cook to the required thickness, and season to taste. Add to it the same quantity of hard-boiled eggs, cut in dice, and a pinch of cayenne pepper. Dress and serve on sippets of bread slightly fried or toasted;

sprinkle some grated cheese over, and brown under the salamander.

259. BROWNED CROUTES OF HARD-BOILED EGGS. *Croûtes d'Œufs Durs Gratinés.* With a preparation of eggs without onions, garnish some oblong pieces of bread, fried in butter; make the preparation in the shape of a dome, sprinkle over some grated Gruyère cheese or bread-crumbs with a little butter, and brown in the oven. Serve on a napkin.

260. CROUTES OF GRUYERE CHEESE "A LA SUISSE." Cut some slices of toast into strips, enough to make a savoury dish. Spread a layer of fresh Gruyère on these, and a pinch of paprika pepper; place on a tin and bake in a hot oven; when the cheese begins to melt, serve on a napkin. A little purée of ham, poultry, game, etc., may be put on the toast under the cheese, if preferred. Serve very hot.

261. BROWNED CROUTES OF FOIE GRAS. *Croûtes de Foie Gras Gratinés.* Take some parings of foie gras, rub them through the tamis cloth into a basin, add a little béchamel, a pinch of cayenne or paprika. Spread a thick layer of this on some rounds of toast. Glaze these over with a béchamel thickened with yolks of eggs; scatter some bread-crumbs or cheese over. Moisten with butter, and brown quickly in hot oven or under the salamander. They can also be made with tongue or ham, crushed in a mortar, or simply dipped in butter and grated cheese.

262. CROUTES WITH FOIES OF CHICKEN. *Croûtes aux Foies de Volailles.* Well clean some chickens' livers and brown them in clarified butter; only cook them slightly or they will be hard. Place on buttered toast, with a pinch of cayenne pepper, and serve hot.

263. BROWNED CROUTES OF OX TONGUE. *Croûtes Gratinées à la Langue de Bœuf.* Cut some slices of ox tongue in small dice, and mix them in the same quantity of reduced béchamel. Place this on toast, sprinkle over some grated cheese or bread-crumbs and butter; brown

in a hot oven ; baste with butter while cooking. These may be made with ham, foie gras, mushrooms, etc.

264. BROWNED CROUTES OF ROES. *Croûtes de Laitances Gratinées.* Poach the roes, cut in dice and mix with a little béchamel, reduced, or thickened with a yolk of egg to make it stiff. Mix together with a pinch of cayenne pepper. Let this get cold, then with a knife place some in dome shape on oblong pieces of bread, sprinkle with grated cheese and butter, and brown in a moderately heated oven. Serve on a napkin. The roes may be left whole if preferred.

265. CROUTES OF HERRINGS' ROES ON TOAST. *Croûtes de Harengs sur Toast.* Toast a rather thick slice of bread, then butter it, and cut off the crust ; trim it all round, and cut in four pieces. Keep hot. Take some soft roes of herrings, twist them into a round shape on a buttered metal dish, season with pepper and salt and a pinch of cayenne pepper ; cover with a buttered paper and poach them ; baste two or three times. Place one soft roe on each piece of toast ; put these on a dish. Add a little bit of butter "maître d'hôtel" or butter "ravigotte," to the "fond" that they were cooked in, heat this well and pour over the roes, then serve. The bread may be fried instead of being toasted if preferred. It is better to dress them in this way than on a fancy paper.

266. BROWNED CROUTES OF CRAYFISH OR LOBSTER. *Croûtes d'Ecrevisses Gratinées.* Cut some of the flesh of a crayfish or lobster in small dice ; a few mushrooms may be added. Take the same amount of reduced béchamel. Thicken this with one or two yolks, according to the quantity, season with pepper and salt and cayenne ; mix well with the flesh of the lobster. Now place this preparation on some pieces of bread, fried in butter and cut into oblongs twice the length of a domino. Smooth it well with a knife into a dome shape. Sprinkle over with grated Gruyère cheese : add a little butter, and brown in a hot oven. Serve on a napkin, and dish it up with a

parsley garnish. They may also be made into small tarts if preferred.

267. CROUSTADES OF HERRINGS' ROES. *Croustades de Laitances de Harengs.* Take some soft roes of herrings, take off the skins ; put them on a buttered dish and sprinkle over some salt and pepper, chopped parsley and onions, the juice of a lemon, and a little oil or butter, and poach them in it ; then fill some hollow tart crusts (slightly cooked) with alternate layers of "sauce Duxelles" or "sauce Italienne" and the soft roes of herrings, and finish as in former recipe. As the crusts are round, the soft roes should be twisted in rings before cooking. Two rolled soft roes will fill each croustade. A slight taste of garlic may be added if preferred with some grated Gruyère cheese on top to brown it.

268. CROUSTADES OF HERRINGS' ROES "EN CAISETTES." *Croustades de Laitances de Harengs en Caissettes.* Prepare the soft roes of herrings as in former recipe, and place them on a flat tin dish, or in a flat saucepan that has been previously oiled ; season with pepper and salt ; cover with an oiled paper, and cook in a moderately heated oven. Then take them from the dish, cut them in two, and put in porcelain or paper cases well oiled and dried. Put alternate layers of soft roes and Italian sauce in the cases, scatter over some grated Parmesan cheese, brown in a hot oven or under the salamander ; serve on a napkin, with a garnish of parsley or mustard cress.

269. BROWNED TARTLETS WITH DIFFERENT FISHES. *Tartelettes Gratinées de Differents Poissons.* Prepare your paste as explained for hot canapés of fish, fill up in a dome shape some tartlet moulds, and cover them with a thin layer of soufflé cheese paste ; put some butter over the top of it with a camel's hair brush, and bake in a quick oven ; serve very hot on a fancy napkin.

270. TARTELETTES A LA TURQUE. Line the tartlet moulds, and cook as already explained. When done, fill them up with a salpicon of fowls' livers, mixed with

a risotto. Sprinkle over some grated Parmesan cheese and brown under the salamander or in a hot oven.

271. DEVILLED TARTLETS OF CHEESE CREAM. *Tartelettes de Fromage à la Diable.* Make a little white roux, rather thick, mix in the same quantity of Parmesan and Gruyère cheese very slowly, to prevent it becoming stringy, and from the fire to avoid the cheese turning to oil. Finish with some whipped cream mixed with as much whipped white of egg. Season with pepper, salt, nutmeg, and a pinch of cayenne pepper, and fill up your tartlets ; bake them and serve hot.

272. CHEESE TARTLETS WITH A BECHAMEL. *Tartelettes de Fromage à la Béchamel.* Have some plain paste or some short paste, and cut it in round shape so as to be able to line the small tartlet moulds, fill them with peas or rice, and bake them ; when done, empty them, and fill them with some cheese soufflé as follows :— Take three spoonfuls of béchamel sauce ; when boiling, thicken it with two yolks of eggs, adding, away from fire, nearly the same quantity of grated Parmesan and Gruyère cheese, and a pinch of cayenne pepper. Whip well the two whites of eggs till very stiff, and mix them slowly with the thickened béchamel ; fill up the tartlet crusts and bake them in a quick oven. As soon as it is set take a camel's hair brush and rub the top with melted butter when it is half baked, to prevent it from burning. As soon as they are of a nice colour, dish them up on a fancy serviette, and serve very hot.

273. REMARKS ON CHEESE TARTLETS. Instead of the béchamel sauce, you can prepare a little roux with butter and flour, and wet it with boiling milk. It is as good as the béchamel sauce.

274. CHEESE TARTLETS WITH BREAD-CRUMBS. *Tartelettes de Fromage avec Mie de Pain.* Boil four spoonfuls of milk, two spoonfuls of fresh bread-crumbs, a pinch of Plasmon powder. Let it boil well. As soon as it makes a kind of paste, take it off the fire, and thicken it with two yolks of eggs, four spoonfuls of grated cheese, and

a pinch of cayenne pepper. Beat the whites of the two eggs, and mix all together. Fill in your tartlets as in the preceding recipe ; serve very hot. The Plasmon is to help the digestion.

275. CHEESE TARTLETS "GRILLAGES." *Tartelettes Grillagées au Fromage.* As in preceding recipe, but omit the whites of eggs, so as to prevent its rising. Cut some paste in strips, and put on top, so as to form a "grillage." Bake it in a quick oven and serve very hot.

276. MACARONI TARTLETS. *Tartelettes de Macaroni.* Prepare some large macaroni, cut it in small pieces mixed with butter and grated cheese, as explained before. Garnish some small tartlet crusts ; thicken, and sprinkle over with grated cheese and butter. Bake it as in former recipe.

277. PARMESAN TARTLETS. *Tartelettes au Parmesan.* With an ounce of butter and a spoonful of flour make a little white roux ; moisten with a glass of hot milk ; mix well, away from the fire, until it is thick ; season with pepper, salt, sugar, and nutmeg ; add two yolks of eggs, one at a time, and two pinches of Paisley flour, to help it to rise ; then add the same amount of Parmesan and Gruyère cheese. With this preparation fill some pastry tartlets, butter the top, and cook in a moderately heated oven. When baked a nice brown colour, serve on a napkin at once. The pastry can be made as half puff paste, and the roux may be replaced by a milk béchamel, made thick and mixed with one or two whites of eggs and cheese.

278. TARTLETS OF HARD-BOILED EGGS "AU GRATIN." *Tartelettes d'Œufs Durs Gratinés.* Make a preparation as in previous recipe, but thicken the béchamel with one or two yolks of eggs, to give it more substance. Mix in the eggs cut in dice, garnish some tartlet crusts in dome shape, sprinkle over some grated Parmesan cheese or bread-crumbs with a little butter, and brown in a moderately heated oven, so that it may be well cooked inside. If you want it lighter, add to it a small pinch of Paisley flour.

279. TARTLETS OF GNOCCHIS. Make a preparation of gnocchis as explained before, and fill some small tartlet crusts with it, sprinkle some grated cheese over, and add a small piece of butter ; bake in a hot oven. Serve on a napkin. These gnocchis should puff up in the cooking.

280. CHEESE STRAW. *Paillettes au Parmesan.* Put on your pastry board 1 oz. of flour, $\frac{1}{2}$ oz. of good butter, a spoonful of cream, a pinch of Paisley flour, a pinch of cayenne pepper, and one of salt, and mix all together well. Work the paste well, which must be a bit hard ; let it stand an hour in a cool place. After it has stood an hour, work your paste again, and then mix in it $1\frac{1}{2}$ oz. of fresh grated Parmesan cheese ; let it stand again for awhile, then roll it out to the thickness of a five-shilling piece. Cut your paste to the width of 3 or 4 in., and then cut it in strips like matches ; give them a good shape by rolling each strip on the board to make them round, then put them on a pastry tin, and put in a moderate oven till they are a nice gold colour. Dish them up tastefully on a fancy serviette.

If you have any puff paste by you, it is better to use it, in which case you need not put the cream, only add to it the grated cheese.

281. CHEESE RAMEQUINS. *Ramequins au Fromage.* Prepare a paste with the following ingredients :—Half a glass of water, 2 oz. of butter, 3 oz. of flour, a little pepper, salt, nutmeg, and two pinches of sugar ; mix these in a saucepan over the fire ; when dry, add a little butter and 3 oz. of Parmesan, and two or three whole eggs, one after the other ; mix these well, but away from the fire. Press the paste through a bag on to an iron baking sheet ; make each ramequin the size of a walnut, brush over with yolk of egg, sprinkle with grated cheese, stick a small square piece of Gruyère in the middle, and cook in a moderately heated oven. Serve on a napkin.

This paste may also be cooked in tartlet moulds of ordinary size, and buttered ; when cooked, turn them

out, and with the help of the bag, squeeze a cheese cream into each. Serve very hot on a napkin.

282. CHEESE CAKES. *Gateaux au Fromage.* Prepare a hot cream cheese as follows :—With 1 oz. of flour and butter make a roux, add to it a pinch of Plasmon powder, mix it with a sufficient quantity of boiling milk to make it rather thick, take it off the fire and add the same quantity of fresh Parmesan cheese mixed with Gruyère. Mix it slowly to prevent it getting stringy. Whip in the whites of two eggs and a small pinch of Paisley flour, season with salt and a pinch of cayenne pepper. With this cream garnish some bouchées, vols-au-vent, or croûtes slightly cooked.

283. REMARKS ON CHEESE CAKES. Plasmon powder is the albumen of milk, and is therefore very nourishing, and helps the digestion, but the quantity used must be very moderate. The dose for an adult is two dessert spoonfuls every 24 hours, or one tea-spoonful for a child.

284. CHEESE BISCUITS. *Biscuits au Fromage.* Prepare in the same way as the cheese straw. Roll out the pastry, and cut it in pretty rounds with a pastry cutter ; cook as explained before. A pinch of Paisley flour may be added to the pastry to make it light.

285. WELSH RAREBIT. Put 2 oz. of Cheddar cheese into a saucepan with one spoonful of beer, a pinch of cayenne, and one of mustard ; let this melt over the fire, stirring the while. When the cheese is liquid, add just sufficient bread-crumbs to absorb the liquid and prevent it from running off the toast, but it should not be hard. Spread this on some pieces of toast with the crusts cut off, sprinkle a little cheese over and brown in the oven a nice golden colour, but do not let it dry. When done, cut in three or four pieces and serve very hot. This can also be made with Gruyère, Parmesan or Cheshire, and also without bread-crumbs.

286. CHEESE SOUFFLÉ. *Soufflé au Fromage.* These soufflés are very nice, but are generally very difficult to

serve as they must be eaten immediately they are cooked, otherwise they will sink and become heavy. In restaurants "*à la Carte*" they are always served in perfection, because they are only made to order. Let it be well understood that the soufflé should never wait for you, but you must wait for the soufflé.

287. **LARGE SOUFFLÉ WITH PARMESAN CHEESE.** *Grand Soufflé au Parmesan.* With 2 oz. of butter and 2 oz. of dried best flour make a white roux. Pour slowly $1\frac{1}{2}$ pint of boiling milk, stirring all the while till it becomes a thick béchamel. Put the saucepan by the side of the fire and add six yolks of eggs, one by one, and mix well. Season with a pinch of paprika pepper, a pinch of salt, a pinch of cayenne pepper and one of sugar; then add very gently 8 oz. of grated fresh Parmesan, mixed with a portion of Gruyère cheese. Now whip the whites of the six eggs till they are firm, and mix them, a little at a time, into the preparation. Well butter up to the very edges a large soufflé case, and tie round the top some buttered thick white paper, fill it three parts full, put in a hot oven. A few minutes after rub the top with melted butter to prevent it burning. Let it bake slowly till it is of a nice colour and well risen. A few minutes before serving, scatter on top some icing sugar, let it glaze, take off the paper, and serve quickly on a fancy napkin.

288. **REMARKS ON LARGE SOUFFLÉ.** You can, when it is half baked, make a cross on the top with a knife, to facilitate the cooking; also if you cannot whip the whites of eggs, replace them by a spoonful of Paisley self-rising flour.

289. **ANOTHER WAY OF MAKING SOUFFLÉ.** *Autre Manière de faire le Soufflé au Parmesan.* Put in a saucepan 3 to 4 oz. of Robinson's cream of barley, or cream of rice; mix it well with a pint of cold milk; season with a pinch of salt, one of sugar, and one of cayenne pepper. Put it on the fire until it boils, and keep stirring it till it becomes thick. Then take it off the fire and add to it

six yolks of eggs, one after the other ; add also 6 oz. of Parmesan and Gruyère cheese ; whip up six whites of eggs till very firm and add slowly to it. Fill up a mould and cook it as in preceding recipe. You can replace the whites of eggs by a small teaspoonful of Paisley self-rising flour.

290. SMALL CHEESE SOUFFLÉ. *Petit Soufflé au Fromage.* Same preparation as preceding recipe, only instead of putting it in large cases, put it in small round china cases and bake the same. Great care must be taken in cooking these, as the oven must be moderate ; ten minutes is sufficient to bake the small ones, but the large ones require thirty minutes. If you put them in too hot a oven a crust forms on top which prevents the soufflé rising.

291. CHEESE SOUFFLÉ MADE WITH BREAD-CRUMBS. *Soufflé au Fromage à la Mie de Pain.* Prepare some preparation of soufflé with bread-crumbs as the recipe for tartlets of the same name No. 274. Fill up some small china cases, and cook as in preceding recipe.

292. CAMEMBERT FRITTERS. *Beignets de Camembert.* Well scrape a Camembert cheese and rub it through the tamis ; mix with the same amount of stiff lukewarm béchamel, thicken with yolks of eggs, spread this on a buttered dish, cover with buttered paper and let it cool, then heat the bottom of the dish and turn it out on to the table ; cut it in slices with a small pastry cutter, dip them in eggs and bread-crumbs, and fry in clarified butter. Arrange them in a ring shape on the dish and serve.

A pinch of cayenne may be added to the paste, and it may be rolled into croquettes or other shapes. Dip them in butter, then fry.

293. BOVRIL BISCUITS. *Biscuits de Bovril.* Put in a basin 2 oz. of butter, work it up till it becomes creamy, add to it very slowly 2 oz. of very dry flour, a drop of Tabasco pepper, a pinch of salt and a dessert spoonful of bovril. Put this mixture in a forcing bag and pour it

in an iron sheet biscuit shape, long or round according to taste ; bake in a moderate oven. When done, put them on a pastry grill sheet to get cold and then keep them in a box very dry.

These biscuits are very good and nourishing ; you can cook them in small moulds if preferred.

294. GRUYÈRE CHEESE FONDUE "A LA SUISSE." *Fondue de Gruyère à la Suisse.* Cut in fine slices or dice 8 oz. of Gruyère cheese without the rind, put it in a small saucepan, add to it a drop of Tabasco pepper or cayenne, and two spoonfuls of beer or white wine ; put the saucepan on a slow fire to melt it, stirring all the time till the cheese becomes liquid ; then pour it in a small china saucepan very hot, and serve at once with small squares of bread fried in butter. You have to dip the bread in the fondue to eat it, but you must keep it hot all the time as in getting cold it becomes hard.

Instead of beer or white wine you can use some brandy of kirschwasser.

295. CHEDDAR FONDUE. *Fondue au Cheddar.* As the former recipe, but using Cheddar cheese instead of Gruyère.

296. CROQUETTES OF MACARONI. *Croquettes de Macaroni.* Cut in short lengths some moderate sized macaroni, cook and drain it while hot, toss it in butter to dry it, then add a very little béchamel and a little bovril ; season with a drop of Tabasco pepper ; let it reduce in the cooking. Thicken with a sufficient quantity of grated cheese. Place it on a dish to the thickness of an inch, and cover with a buttered paper to cool. Then cut it in slices ; or any other shapes ; then rub it in eggs and bread-crumbs and fry it. A julienne of ham, mushrooms and tongue may be added if preferred, or you can replace the bovril by a double quantity of good consommé.

297. CROQUETTES OF HARD-BOILED EGGS "DE CAREME." *Croquettes d'Œufs Durs de Carême.* Make a nice white roux with butter, flour and hot milk and a pinch of Plasmon powder. Cook it well as explained in

cheese tartlets ; then season to taste, and mix in the yolks first and the whites afterwards, both cut in small squares ; the same quantity of eggs and sauce. Spread this on a buttered dish, and butter the top ; cover with a paper and let it cool in the open air, then roll into croquettes, or pears, apples, or any other shapes ; dip in eggs and bread-crumbs, fry and drain well ; serve on a napkin with fried parsley. Mushrooms, truffles, tongue, foie gras, etc., may be added to the eggs.

298. CROMESKIS OF EGGS "POLONAIS." *Cromeskis d'Œufs Polonais.* With a preparation made as in previous recipe make some cromeskis, and finish in the same way.

299. HARD-BOILED EGGS STUFFED AND FRIED WITH HADDOCKS. *Œufs Durs Frits Farcis au Haddock.* Boil some eggs until they are hard ; cool them in water and carefully remove the shells ; cut them across the middle or in length, and take out the yolks ; rub these through a sieve. Now cut some fillets of haddock in dice and mix with the same quantity of thick béchamel and thicken with the hard-boiled yolks ; add a drop of Tabasco pepper. Fill the eggs with this preparation, dip them in eggs and bread-crumbs, and fry in boiling fat. Serve them placed one on the other in a dish with fried parsley.

These may be made with different kinds of fish and a little curry powder if preferred.

300. BOUCHEES OF HARD-BOILED EGGS. *Bouchées d'Œufs Durs.* Cut some hard-boiled eggs in half, take out the yolks, and cut them in small squares as well as the whites, but separately. This way is cleaner. Now reduce the same quantity of béchamel, finish with whipped cream, mix in the whites and yolks of eggs, season to taste, add a drop of Tabasco pepper and garnish some large bouchées or small vols-au-vent. Serve on a serviette with a bouquet of parsley.

REMARKS.—Truffles or mushrooms, cut in dice, may be added, or tongue and ham cut fine, some curry powder, and cooked with the béchamel filleted anchovies cut

small, etc. ; a pinch of Plasmon flour can be added to the béchamel.

301. BOUCHEES OF FINNON HADDOCK AVONDALE. *Bouchées de Haddock Fumé Avondale.* Poach some fillets of haddock in butter, cut them in small dice, and mix with a reduced Normande sauce with a pinch of cayenne or Tabasco pepper. Garnish some small bouchées with this, and serve. Some mushrooms cut in small pieces may be added if preferred.

302. BOUCHEES OF HERRINGS' ROES. *Bouchées de Laitances de Harengs.* Poach some fresh roes of herrings in butter, cut them in small pieces and mix them with some hot sauce Normande. Fill some small pastry "bouchées" with this ; a little chopped mushroom may be added if liked. Serve on a folded serviette with a bouquet of parsley.

They may also be prepared in cases in the same way and covered with fish forcemeat.

303. HADDOCK ON TOAST. *Croûtes de Haddock.* Cut a fine finnon haddock in two and place the pieces skin downwards on a hot stove for a minute to facilitate removing the skin ; then take off the fillets and cut them in square slices. Place these in a buttered saucepan with a little pepper ; cover with a buttered paper and cook in a hot oven ; add a little parsley, and baste. When done, arrange each slice on a piece of toast, place these on a dish, pour the sauce over, and serve. Grated Gruyère cheese may be scattered over, and browned in the oven.

304. CROUTEES OF FINNON HADDOCK ALBEMARLE. *Croûtes de Haddock Fumé Albemarle.* Crush up the flesh of half a haddock and pass it through the tamis into a basin ; mix well with two yolks of eggs and some cream. When the thickness of a mouseline, try a small portion, then place on toast, sprinkle some Gruyère cheese over and a little butter, cook in a slow oven, just sufficiently to poach them. When a little crust has formed on the top, sprinkle some butter over to prevent them becoming black.

305. BOUDINS OF FINNON HADDOCK PRINCESSE. *Boudins de Haddock Princesse.* Pound well in the mortar the flesh of half a haddock, and pass it through the fine sieve ; put it in a basin, and keep it cool on ice for about half an hour ; then mix it well with an egg. When it is thick, add about two spoonfuls of cream and a pinch of cayenne pepper, and mix it again, but slowly, as for quenelles, then try a small portion in boiling water to see the consistence—make it right before using it ; then place on small pieces of toast in dome shape ; sprinkle some Gruyère cheese over and a little butter ; cook in a slow oven just long enough to poach them. When cooked it will have risen. Serve on a serviette with a garnish of mustard cress around.

You can replace the haddock by raw kippers.

306. ALLUMETTES OF FINNON HADDOCK HUNTRY. *Allumettes de Haddock Huntly.* Poach in the oven one or two fillets of finnon haddock in butter, let them get cool, cut them in dice and mix with a reduced béchamel in which you can add a pinch of Plasmon powder, thicken it with one or two yolks of egg, mix well, then put it on a dish and let it get cool again.

To make the allumettes, put the preparation between two strips of puff paste, as explained in Sardines Gourmandes, No. 241, and finish in the same way.

They may also be made in some boat moulds with a foundation of thin puff paste. Cover them with the same, and cook in the same way.

307. BOUCHEES OF FOIE GRAS CREAM. *Bouchées de Foie Gras à la Cream.* With a purée of foie gras finished with a good sauce Madère, make some bouchées as already explained. A mixture of truffle or lamb's sweetbread may be added.

308. DEVILLED BOUCHEES OF CHICKEN. *Bouchées de Volaille Diable.* Prepare a purée of chicken, add a pinch of cayenne pepper ; do not make it too thick. When it is hot, fill the pastry bouchées with it, put on

their little lids, and serve them on a napkin, with a garnish of parsley.

309. MARROW BONES. *Os à Moëlle.* Choose some nice marrow bones, very fresh, cut them to the length of two inches, roll them up in a small cloth so as to shut up the two ends to prevent the marrow running out ; boil them about 30 minutes in some salt and water. When done take off the cloth and serve on a folded serviette ; serve with it some toast. To eat it, you drop your marrow from the bones on to the hot toast, sprinkle over with salt, and eat it very hot.

310. MARROW ON TOAST. *Moëlle sur Croûton.* Cut some fresh slices of marrow, rather thick, poach them a few minutes in boiling water, put them on toast or round "croûtes" toasted or fried, sprinkle over some salt and cayenne pepper. Serve very hot on a fancy serviette ; garnish with mustard cress.

311. DEVILLED BONES. *Os à la Diable.* If possible take the ribs or sirloin bones, but leave on them some meat ; rub them with the following preparation :—Melt some butter with some mustard, Worcestershire sauce, salt, and cayenne pepper. Grill them on a mild fire, and serve very hot on a serviette.

312. BOILED CHESTNUTS. *Marrons Couillis.* Choose some fine large chestnuts, cut a slit in the side, and boil them in water with a pinch of salt. When they are soft drain them, and let them dry in the saucepan, covered with a cloth. Send to table in a folded serviette. They may be served as a savoury ; or at dessert. They may also be cooked by steam, like potatoes.

313. ROAST CHESTNUTS. *Marrons Rotis or Grillés.* Cut a slit in them, and put to roast on a tin in the oven ; shake them now and then. When tender, send to table in a folded napkin.

314. BROWNSTED SANDWICHES OF HAM. *Sandwiches de Jambon Gratinés.* Cut some nice slices from the middle of a loaf for sandwiches ; on one side spread a very little

mustard ; on this place a thin slice of ham ; cover this with another slice the mustard turned inside ; cut this into three long strips ; dip them in clarified butter and roll in grated cheese ; add a pinch of cayenne pepper ; put these on a tin and bake in a quick oven to a nice golden-brown colour ; serve on a napkin. The ham may be chopped and mixed with a little sauce blonde or reduced béchamel. They can also be made with tongue, mushrooms, foie gras, game, poultry, etc.

315. BURGUNDY SNAILS. *Escargots de Bourgogne.* In spite of the repugnance with which snails are regarded in England, they are pre-eminently digestive and make an excellent dish. Snail syrup is highly recommended by doctors to persons who suffer from a weak chest ; it is an excellent emollient of the first quality. Well cleaned and prepared, the snail is as good as the tortoise, and resembles it in many ways. The difference of price is, perhaps, one of the causes that make people consider the tortoise a delicacy and turn up their noses at snails. The autumn is the best season for procuring snails, when the vintage is over and it has withdrawn itself into the shell, only to come forth again next year. A crust forms itself at the mouth, which becomes hard and the snail sleeps in its shell. The time to use it for alimentation is in the autumn and winter. Only eat those that are found in the vineyards.

316. PARISIAN SNAILS. *Escargots à la Parisienne.* Choose a few dozen snails that are closed, put them to soak one or two days in a lot of water with some salt in it to make them discharge all their glutinous froth, change the water occasionally. Now put them in an iron or earthenware saucepan, cover with water, boil and skim it ; add pepper and salt, a garnish bouquet, one carrot, one onion, one leek, and a small piece of celery. Cook this three or four hours. When the snails are tender, pull them out of the shell, and wash the latter in hot water. Take off the tail end of the snail and put it back in the shell with a few drops of the liquor in which they

have been cooked, this prevents it from becoming dry and keeps the taste. Now finally chop some shallots with a little parsley, chervil, and chives, press these in a cloth to extract all their acidity, add 1 or 2 lb. of good butter to those herbs according to quantity ; season with a drop of Tabasco pepper and salt, and mix well together. With a piece of this butter completely close the opening of the shell, and smooth it over with your finger. Put them on a dish, the mouth of the shell turned uppermost, and set them in a hot oven four to five minutes. When the butter is melted, and the herbs are crisp, serve in the same dish and with hot plates.

Special forks with two prongs are used when eating snails.

317. SNAILS ON TOAST. *Escargots sur Toast.* Cook the snails as explained in previous recipe, pull them from the shells, and put two or three on each piece of toast. Pour the butter from the shells over them, and serve very hot.

318. SNAILS IN CASES. *Escargots en Caisses.* When the snails are cooked, put them in small porcelain cases with lids, and cover them with butter mixed with sweet herbs. Put on the lids and put them in a hot oven to brown. Serve the cases on a dish with three or four snails in each.

319. SNAILS, ITALIAN FASHION. *Escargots à l'Italienne.* Partly cook the snails as in Parisian way, then take them from the shells and put them in another saucepan. Cover with a good sauce Italienne, let it boil a few minutes, put on the lid, set them in the oven to finish cooking slowly. At the time of serving scatter a little Parmesan cheese on the top of the dish, and put it under the salamander or in the oven to brown it. Serve it very hot.

320. WHITE MUSHROOMS. *Champignons Blanc.* Choose some nice large white mushrooms firm and fresh, cut off the root end of stalk and pull the stalk from the top. Fling them into cold water and wash

well, and put to drain on a cloth ; then peel them. Place them in a saucepan to cook, with the following ingredients : A very little water, salt, and pepper, butter, and the juice of a lemon ; add the mushrooms, cook about ten minutes, and turn into a basin and cover with a buttered paper, or it will blacken them. The stalks can be cooked in the same way after the tops are finished, and they may be used for stuffing and sauces when chopped. The trimmings may be used for braisés, gravies, etc. It is useless to make designs on mushrooms that are to be cut up, but the mushroom "tailles" is useful, because much whiter than the other, having all the outside scraped off.

321. WILD MUSHROOMS. *Champignons Sauvage.* These are prepared the same as preceding recipe, but generally we cook them with butter. To be served on toast, as explained in *Mushrooms on Toast.*

322. STUFFED MUSHROOMS. *Champignons Farcis.* Choose some fine, equal-sized mushrooms, wipe and stuff them with a "force" made with their stalks, shallots, or onion, parsley, a bit of garlic, thickened with a spoonful of béchamel, and some yolks of eggs. Fill them from the forcing bag, scatter over some chapelure or cheese, moisten with hot butter or oil, arrange on plated or porcelain dishes, and cook in a quick oven. Serve on a napkin. Some quenelles stuffing may be added to this if desired.

323. GRILLED MUSHROOMS. *Champignons Grillés.* Prepare your mushrooms as before, have some butter melted, and put your mushroom on the grill-iron ; baste with butter, season to taste, and serve very hot on toast.

324. MUSHROOMS ON TOAST. *Champignons sur Toast.* Prepare the mushrooms as explained before ; put them in a well-buttered saucepan side by side to each other, season with pepper and salt, and pour over them butter sauce ; cook slowly in a moderately hot oven, and baste them now and then till cooked ; when cooked put each one on a piece of toast cut the size of

the mushroom, dish it up, and pour over the butter in which the mushrooms have been cooked. Serve hot.

325. MUSHROOMS WITH FISH ROES. *Champignons avec Laitances.* Cook the mushrooms as explained in preceding recipe, with a pinch of cayenne or paprika, and place on round pieces of fried or toasted bread. Now take some fresh soft roes of herrings, and twist them into a sort of knot or bow, place on a buttered dish, pour over some clarified butter, and season with paprika. Scatter some chopped parsley, shallot, and chervil over them, and place in a hot oven. Baste them now and then. When done, place one of these on the middle of each mushroom, moisten with the fond, and serve. Cheese may be added if liked, and browned in the oven.

Bloaters' roes can be used as well as the herrings.

326. BROWNED MUSHROOMS "ST. JAMES." *Champignons Gratinés.* Prepare some fresh and equal-sized mushrooms as explained before, but only half-cook in butter. Make a purée with the stalks of the mushrooms, some fine dried herbs, and trimming of truffles, and mix with a purée of foie gras. Season to taste, and spread on the inside of the mushrooms. Cover with a reduced béchamel, thickened with a yolk of egg, and scatter over some grated cheese and a little hot butter. Brown in a quick oven or with salamander. Place on a napkin, and serve.

327. MUSHROOMS PROVENÇALE. *Champignons Provençale.* Prepare the mushrooms as in former recipe, using half oil and half butter to cook them. Chop the stalks and a spoonful of onion, blanch and brown in a little oil, add a bit of garlic, some parsley, and mix with a spoonful of fine bread-crumbs. Scatter these ingredients on the inside of the mushrooms, moisten with their fond, and finish cooking. Place on buttered anchovy toast and serve.

328. MUSHROOMS AU BLANC. *Champignons au Blanc.* Reduce two spoonfuls of béchamel or velouté with a

little of the fond in which the mushrooms were cooked, and one spoonful of white stock ; thicken with a spoonful of thick cream. Pour this sauce over the mushrooms, well heated on the dish, with fried pastry sippets round, and a little meat glaze over the mushrooms.

329. ECLAIRS PARMESAN CHEESE CREAM. *Eclairs Crème Parmesan.* With some pâte à choux without sugar, as No. 29, make on a baking tin some small eclairs the length of a finger, and about one inch in width ; colour lightly the top and bake in a moderate oven. They must be light and tender. Make a slit in the side, and fill it with some whipped cream, to which has been added the same quantity of fresh grated Parmesan, mixed with a pinch of cayenne pepper or a drop of Tabasco pepper. Serve it on a fancy serviette.

REMARK.—You can put half Parmesan and half Gruyère.

330. SMALL CHOUX PARMESAN CREAM. *Petit Choux Crème Parmesan.* As preceding recipe, but instead of giving it the shape of eclairs, make it of choux shape.

REMARK.—You must not, when filling in the cream, hide it, for the cream should be seen as well. The same remark applies to the eclairs.

331. ECLAIRS OR CHOUX WITH HORSE-RADISH CREAM. *Eclairs au Petit Choux à la Crème Raifort.* As before, but instead of Parmesan, add some fine grated horse-radish.

REMARK.—In the same way you can fill the choux with other ingredients, such as shrimps, kippers, finnon haddocks, bloaters, curry paste, etc., mixed with some firm whipped cream.

332. TARTLETS OF CURRY CREAM. *Turtelettes de Crème Curry.* Put a spoonful of curry paste in a basin, mix with it three spoonfuls of whipped cream, in small quantities at a time. With the plain piping bag, fill some small tartlets in dome shape.

You can also do it with all kinds of fishes.

333. SMALL CANAPÉS OF OYSTERS MAYONNAISE

SAUCE. *Petit Canapés d'Huitres à la Mayonnaise.* Have ready some medium-sized oysters, poach them just enough, not too hard, dip them with a fork in a good mayonnaise sauce with vinegar, and then put them on small pieces of bread fried in butter; cover them with a small layer of shrimp or other paste, garnish round with some jelly chopped fine, or chopped hard-boiled egg; on top of each oyster put a small slice of red chili, and a caper in the middle. Serve on a fancy serviette.

REMARK.—For making this kind of savouries, you can, instead of mayonnaise, use some chaudfroid sauce of fish, white or pink, and can alter the garnish to taste. Instead of oysters, you can use a scallop of lobster or crayfish tails, or prawns, fillet of soles, etc.

334. BOVRIL SANDWICHES. *Sandwiches de Bovril.* Cut some slices of bread across a sandwich loaf, toast them slightly, and spread over a small spoonful of bovril; sprinkle over some hard-boiled egg, chopped fine, put another slice on top, trim it and cut in two or four parts and serve like the other.

335. BOVRIL TOAST. *Toast au Bovril.* As preceding recipe; spread the bovril on each toast, trim it and cut in two or four pieces, garnish two sides with the white of hard-boiled egg, chopped fine, and the two other sides with the yolk, also chopped fine; sprinkle over the centre some fresh chervil or tarragon, all chopped fine. Serve on a fancy serviette.

CHEESE.

336. CHEESE. *Les Fromage.* Cheese is generally served after the sweets at the same time as the savouries, with the difference that the latter are eaten to make one thirsty, and that cheese is eaten to aid the digestion. But it should only be partaken of in small quantities, or else indigestion would be the result. It must not be forgotten that all cheese is made from cream and butter, and being fat, is consequently indigestible; one should, therefore,

not use too much of it or its effects become changed. There are a great many varieties of cheese made throughout the world. France comes first in the list, where each province produces its special local cheese. Most of these are excellent in taste and quality, passing from the mildest to the strongest, yet few of them have attained the right to be admitted to table. Only serve those as a rule that are certain to please the majority, especially here, where only a few of the varieties of cheese that come from the Continent are known or liked. The others can be served for a change, for, like all things in the culinary art, variety is a virtue. I give here a list of those cheese that are most known, and that can be easily procured from the principal grocers in London. First on the list should come the king of cheese, according to most persons' opinion—

337. *CAMEMBERT. Fromage de Camembert.* Although of recent importation, this is now seen on most tables. In France it is preferred very creamy and sufficiently ripe, without running; the inside should not be white, but cream coloured. In England, on the contrary, it is preferred white, and not too ripe. To serve, it should be taken from the box, and scraped on both surfaces to remove the paper and dirt adhering to it. Put it on a folded napkin or on a dessert paper, with a knife beside it on the dish. The guests should help themselves. When removed from the table it should be wrapped in a damp cloth, wetted with salt and water. Keep in a cool place, and never let it be uncovered or kept in a hot cupboard.

To utilise the remains of a Camembert, mix it with a little cream and a spoonful of thick béchamel, season to taste, and thicken it whilst hot with one or two yolks of eggs, then let it cool on a buttered dish. Cut it into small rounds with a pastry-cutter; bread-crumb and fry these in clarified butter. This makes an excellent savoury. Some persons prefer the pieces of cheese to be bread-crumbed and fried, or they can be mixed with a portion of batter and fried as fritters; or else crush the pieces of

cheese with some thick béchamel, spread it on hot toast, and brown in the oven.

338. BRIE CHEESE. *Fromage de Brie.* This cheese has only been recently imported. It can be obtained from the shops that sell French provisions. It is a large, round, and thin cheese. The outside skin resembles the Camembert. This cheese is always imported and kept between two layers of straw. It is too large to be served whole, so is sold by the pound. Those who like good cheese will not hesitate to place it first, or at least think it equal to Camembert, or Coulommier of which latter I will speak later. Cut it in pieces weighing about 15 oz., scrape it on both surfaces, and serve on a plate with a knife at the side. This cheese is inclined to run, so never buy but the first quality, firm and rather white. It is more agreeable to the English taste this way. It should be kept in the same manner as Camembert.

339. COULOMMIER CHEESE. *Fromage de Coulommie.* This is the real cheese from Brie, coming from the same place as the former cheese, but it is twice as thick and only half the size. It is firmer and darker coloured, and has a stronger taste. Prepare and serve it as explained in former recipe. It should be kept in the same manner.

340. PONT L'EVEQUE CHEESE. *Fromage de Pont l'Eveque.* This is something like the Coulommier cheese, but the skin is smoother and drier, and the inside also. It has a mild flavour, and is an excellent cheese for the table. They are generally sold whole, but large vendors will sell a half or a quarter of one. Keep it in a dry but cool place, covered with a cloth or a cheese-dish.

341. SMALL SWISS CHEESE. *Fromage Petit Suisse.* These are bought in wooden boxes containing six or twelve, and can be procured at most provision merchants. They are very good, and can be arranged in different ways, according to the choice of each person. To serve plain, remove the paper in which it is wrapped, and send to table on a plate.

Secondly.—Put it in a basin and crush it with a fork or

spoon, mix it with a little milk or cream, whichever is preferred, then add a pinch of salt, one of pepper, and a teaspoonful of chives and chervil mixed, or a small onion chopped fine, blanched and mixed with the chervil, or fresh parsley. Serve it in a hollow dish.

Thirdly.—Put it in a pan, crush and mix it with milk or cream in sufficient quantity, beat it well to make it light, then add a dessert-spoonful of fine sugar, flavoured with vanilla or not according to taste. Serve as explained above.

In France these cheeses are sold pressed into small baskets in the shape of a heart. They are extremely delicate in flavour, and are delicious when prepared in either of the above manners. I hope these will soon be more largely imported for the satisfaction of epicures. They will be welcomed at any table.

342. WHITE CHEESE. *Fromage Blanc*. This cheese is sold in oblong blocks wrapped in straw coverings. It can be obtained at provision merchants. It is cheap, and can be arranged in all the different ways already explained for Swiss cheese, but it is not so fine flavoured or delicate. Yet it is liked by many persons, being a light and refreshing cheese. In the south of France it is called brousse.

343. PORT DU SALUT CHEESE. *Fromage de Port du Salut*. This is a similar kind of cheese to the Pont l'Eveque. It has the same crust outside, but is milder in flavour. It is larger and thinner than the former. It is sold, like the Pont l'Eveque, at all the best grocers. It is a summer cheese, that will not keep in damp weather.

344. GOURNAY OR FOIN CHEESE. *Fromage de Gournay*. This is equal to the Port du Salut, but it is smaller, about the size of a Camembert. It is dark coloured and dry, possessing a pronounced taste of hay. Notwithstanding this, it is eaten and often served in the summer.

345. BONDON OR MONT DORE CHEESE. *Fromage Mont Doré*. This is rolled in paper like the small Swiss

cheese, but it is a drier cheese. It can be served like the former when fresh, or crushed and mixed with milk or cream, and herbs or sugar.

346. ROMATOUR CHEESE. *Fromage de Romatour.* This is an oblong cheese, rather small, strong-smelling, and yellow in colour. It is sold wrapped in silver paper. It is cheap, but good in flavour ; but is rarely served except in families, because of its strong smell. It is sold at the shops that sell French and German provisions.

347. LIMBOURG CHEESE. *Fromage de Limbourg.* This is of the same kind as the former, having the same flavour, but it is square in shape ; the outside is red and moist. To be used in the same way as the former.

348. STILTON CHEESE. *Fromage de Stilton.* This is an English cheese of a high and round shape. It is generally sold whole or cut in half, and sent to table as it is. It is served from the inside without ever touching the rough outside skin. It should be kept in a dry and cool place. It can be cut in squares and placed on a proper cheese-dish. Send dry biscuits to table at the same time.

349. CHEDDAR AND CHESHIRE CHEESE. *Fromage de Cheddar et de Chester.* It is needless to give a description of these cheeses, for everybody knows them. Those made in America or Australia are not preferable to those made in England. They are higher in price, but are not better flavoured. The American kinds are served in the servants' hall.

350. DUTCH CHEESE SALTED. *Tête de Mort ; Fromage de Hollande.* This cheese is in the form of a ball, with a dark purple coating outside. It is dry inside, and coloured with saffron. It is not of an extraordinary quality, having rather a flavour of rancid butter. Yet it can be served as a change, and a great many persons like it, which proves that it should be classed with the rest.

351. ROQUEFORT CHEESE. *Fromage de Roquefort.* This is an excellent cheese to eat when sufficiently ripe

and rather green ; it is then strong in flavour, but when it is white, without any green veins showing, it is detestable, having a taste of soap. It is preferable to buy it in small quantities. It is necessary to keep it wrapped in a damp and salted cloth in a cool, dark place—in the cellar, for example. It is generally kept in a closed pan. Pass the cloth through salt water from time to time. In this manner an exceptionally good quality can be obtained. It is sold wrapped in silver paper, which should be removed and the outside scraped before serving. Place on a plate.

352. GORGONZOLA CHEESE. *Fromage de Gorgonzola.* This is an imitation of the previous cheese. It is less dry, and is only fit to eat when quite ripe and sufficiently matured. These cheeses have become very popular, and are found in all provision shops ; but it is more prudent to buy them at the best vendors, or you run the risk of buying stale cheese that is not agreeable to eat, and only profitable to the vendor.

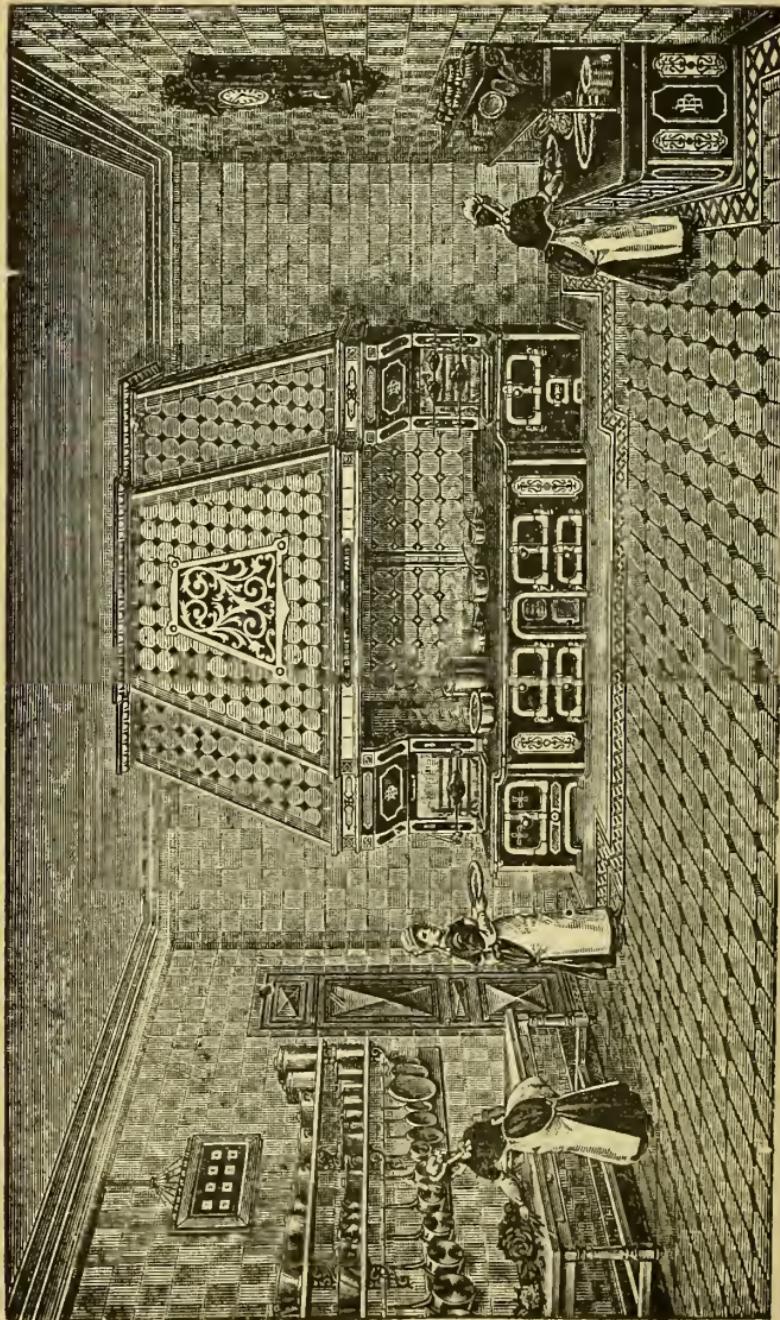
353. GRUYERE CHEESE. *Fromage de Gruyère.* This cheese is shaped like a grindstone. It is large, and universally known, and indispensable for cooking purposes. It is moderately cheap, and is sold retail. It is preferable to buy it from first-class dealers, as I have already mentioned in former recipes. Good Gruyère should be a stiff cheese with some holes in it ; these are called "eyes." When cut it should be smooth and bright on the surface, with some drops of moisture in the holes. It should be a dull white, and tender and soft. The cheese that has too many holes in it, although of good quality, is not considered the best. Never buy Gruyère that is dry and that crumbles when cut, that has a reddish tint, and whose flavour is not fresh ; because these denote a cheese that has been kept too long in a damp cellar, and has consequently lost its quality. It should be kept wrapped in a cloth in a cool and dry place.

354. PARMESAN CHEESE. *Fromage de Parmesan.* This is a large cheese, of the same shape as a cheddar,

with a dark outside crust ; it is sold in small quantities, and should be kept in a dark but dry cellar. It possesses all its quality so long as the cheese is soft and cuts easily. When it is dry it loses its flavour. Be careful to buy it from the best shops where a great deal is sold, and only buy it in small quantities at a time. Always keep it wrapped up in a paper or a cloth and in a cool place. This cheese is never served at table ; it is only used for those dishes that require its flavour. It is generally mixed with a portion of Gruyère to heighten its flavour.

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Put to melt on the fire, always stirring with egg-whisk, or wooden spoon, to prevent the gelatine sticking to the bottom of the saucepan.

When thoroughly melted, clarify it with the whites of two eggs, whipped with a glass of water, the juice of two lemons, and a few spoonfuls of jelly from the stew-pan. Fling this in a lump into the jelly, beating it vigorously the while to mix well, and until it boils.

Let it boil slowly for half an hour, and pass it through a napkin or the jelly-bag, and keep it in a cold place.

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Take one quart of white, clear, good fish stock, made with the bones of white fish, such as sole, turbot, and whiting; but for whiting stock, add three or four more leaves of **NELSON'S GELATINE** than for the soles or turbot, and a little more lemon juice, and finish it as explained before.

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